From the front line...to the home front

The Air Force Services Agency's Online Magazine

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## NEWS & XIEWS TORY

## AETC commander visits 12th FTW

Gen. William Looney III, Air Education and **Training Command** commander, receives a tour of the new fitness center under construction at Randolph Air Force Base, Texas, from Brigitta Bruehl-St. Armand, 12th Services Division director of fitness and sports during the general's recent visit to the 12th Flying Training Wing. Photo by Richard McFadden





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#### **News & Views**

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## 436th Services commander: club membership matters

Maj. Kathleen Weatherspoon 436th Services Squadron Dover Air Force Base, Del.

Once upon a time, not so long ago, the club was one of the mostused facilities on an Air Force base.

Every military event, including commander's calls, promotion ceremonies and changes of command, were held in the club.

It was a place for people to gather and celebrate some of our richest traditions, to revel in the heritage built by those who served before us.

When things needed to get done, the details were often worked out after duty hours at a meeting in the club.

In addition, it was the prime spot to gather and socialize with friends.

Clubs had something to offer to everyone then, and they still do if we personally and collectively choose to preserve one of the key elements of Air Force culture.

The bottom line is that Air Force Clubs require our membership to exist.

In the early '80s, the funding stream for clubs changed. Congressional money (appropriated funds) was no longer authorized. Clubs were expected to be self-sustaining.

Meanwhile, the Department of Defense was being down-sized; military and civilian slots just went away.

Hit hard from both sides, clubs in many places began to struggle financially. Those financial struggles led to reduced programs and hours in clubs. This, in turn, caused many members to quit because they felt they weren't getting the same value for their money.

Without membership dues to use as "seed" money, clubs cannot offer services and programs that eligible members would like to see. And without offering programs and services people say they want, clubs can't generate enough revenue to sustain themselves.

The value of clubs is undeniable. Air Force members understand the importance of maintaining esprit de corps through military tradition.

Air Force clubs make official events like retirements and pin-on ceremonies special. Clubs support our community and our mission.

When the club is making money, the profit supports not only club programs but all the other morale, welfare and recreation facilities and programs Air Force members have available to them. Clubs need membership to survive.

For even the most expensive membership dues, \$20 per month for officers, you can reap instant benefits. Members have benefits like reciprocal privileges at Air Force Clubs worldwide and discounts on meals whether in the dining room or at official functions.

But even more important, your membership will help us retain our Air Force traditions, foster our culture, and support our mission.





## It's a family tradition

## Living with 13 siblings teaches a lot about leadership

By Lt. Col. Dave Anderson 6th Services Squadron commander, MacDill Air Force Base, Fla.

If you have the time, I could talk to you for hours about the family I grew up in, the 13 kids (eight boys and five girls) and the military way of life we have known for more than 50 years. I will tell you it is the only way I know and it has been good to my father, my brothers and my sister.

Seven of the 13 kids in the family found their way into the military. The four "Band of Brothers" have advanced to lieutenant colonel, with three currently serving as a services commander and two directors of operations at Little Rock AFB, Ark.

Coming from a family with 13 kids teaches you teamwork, flexibility and requires a sense of humor - key ingredients that are critical to success in military life.

As the 6th Services Squadron commander I get the opportunity to command more than 600 military and civilian personnel. The MacDill Services Team recently garnered Air Mobility Command's best Officers and Enlisted Clubs, Marketing Program, Information, Ticket and Tour Operation, and Resource Management Flight.

I have the greatest job in the military- taking care of the troops and their families here and around the world.

But sometimes, I envy my brothers in the flying world and the ones who served in the Army for their skills and opportunities they have had in their assignments around the globe.

I knew from a young age that I was destined for military life. Military service was never forced on any of us, but the awesome capabilities and sense of family and community that military service provided for all of us made it an easy decision. We always had a roof over our head and food on the table (and it was a very big table).

My dad, the greatest man I know, retired from the Army in 1974. He served 24 years in the military, a tour in Korea, two tours in Vietnam, and was captain of the Golden Knights Army Parachuting Team. I am very proud of my dad, (and my mom who supported him and brought us all into this world), my family and all others who serve this great country in the military, whether for one day or 30-plus years.

Several leadership lessons (key learning points handed down from my dad and mom) I have learned from growing up in "Anderson's Army" and some you may have heard from other sources are:

1. Good, better, best, never let it

rest, 'til your good gets better, and your better gets best!

- 2. Optimism and keeping a positive attitude are force multipliers. Always look for the good in your situation and in your troops
- 3. The 10 most important words in our language are: "Yes Sir, No Sir, Yes Ma'am, No Ma'am, please and thanks!"
- 4. The "4Bs"formula for a successful marriage (spoken to each Anderson before their wedding)

Have breakfast with your family (before the day gets too hectic).

Take care of the bank - live within your limits.

Take care of the bedroom - if you don't, someone else will.

Have balance in life; work hard, play hard, but don't do too much of either or something will suffer.

5. Play sports and see who does what on the friendly, but competitive fields of life. You can tell a great deal about people, their integrity, their energy and enthusiasm and most important, their ability to work/play well with others by playing sports with them.

Last, but not least, if your team does something great, give the credit to the team. If your team should stumble-you as the leader, should take responsibility.

The bottom line: life is good! Enjoy it! Take care of yourself (physically, mentally, and spiritually), take care of your family, take care of your troops and their families, and they will take care of you.

I can only hope that with my family of four, I can match the job done by my parents. I am doing my best.

There are many other lessons learned from coming from a large family and growing up in the military, but my space was limited for this article.

## Fairchild SVS loses Airman in tragic vehicle accident

By Maj. Gina Humble 92nd Services Squadron commander, Fairchild Air Force Base, Wash.

Airman 1st Class Princessa Triplett was killed in a car accident early on a recent Sunday morning.

She entered the Air Force in 2003 and was a chef in the 92nd Services Squadron at Fairchild Air Force Base, Wash., serving thousands of Airmen at the Warrior and Roger A. Ross dining facilities.

In our hearts, we all know that death is a part of life. For the 92nd Services Squadron, mortuary affairs is a part of our mission. Yet, there is nothing that could have prepared us completely for the devastating news.

This time it was one of our own.

Airman Triplett's untimely death serves as a reminder of just how precious life is. Military people are called patriots because they've signed up to give their lives, if necessary, in defense of their country.

Airman Triplett not only served Team Fairchild and the local Spokane community, but also supported deployed forces on the battlefields of Iraq. She approached her duties with a sense of pride, integrity and enthusiasm.

Known for her jovial spirit, she regularly "ordered" those around her to laugh while undertaking numerous — and often strenuous — tasks.

She was a master at tailoring her personality and appealing to the troops she served on a daily basis.

Only those of us who had the honor of knowing Airman Triplett and her demeanor realize the impact she had on Team Fairchild. Her remarkable ability to bring joy to others with just one smile will forever remain in our hearts.

Airman Triplett brought more than just laughter; she brought a ray of sunshine to everyone she met. She was an outstanding Airman who embraced life and took on all the challenges and responsibilities with determination and optimism.

Her allegiance to the nation, the Air Force and her family was evident in everything she did.

Team Fairchild and the Spokane community are deeply saddened by the tragic loss of



Airman 1st Class Princessa Triplett

Airman Triplett. Our thoughts and prayers go out to her family during this difficult time.

I ask that everyone keep her, her family and the men and women of the 92nd Services Squadron in their thoughts and prayers as we bid farewell to one of Fairchild's finest.

We will miss her dearly.

### AF Clubs offer cash back to members

By Gary Lott Air Force Services Agency

How much money do you spend in a year in the commissary and base exchange? How about off base? Now you can receive cash back on every dollar spent on and off base when using the Air Force Club membership card. Club members receive two points back for every dollar spent in the exchange, commissary and all Services facilities. Members also receive one point back at the base filling station and on all off base purchases.

"It now makes even more sense to make your club card your number one card," said Michael Hogan, operations branch, Air Force Services Agency, "Cash back on all purchases is a really big deal. In no time at all, you can receive enough cash back to turn a major purchase into a free purchase."

Each point equals one percent of each dollar spent. Two points, for example, equals two percent of the total purchase. Points are redeemed starting at 2,500; once achieved, members can choose to receive a \$25 check or a \$25 gift card/certificate from a wide variety of world-class merchants.

Points are accumulated automatically, are good for two years, and are tallied on monthly billing statements.

"We offer the Military Free Cash program free to our members," said Frank Black, chief, Air Force Clubs. "It's just another one of our worthwhile benefits, but you have to be a club member to receive this and all of our other benefits."

To redeem Military Free Cash points, call 1-800-759-0294. To become an Air Force Club member, stop by your local on base club.

## Air Force catering continues to thrive

By Jimmy Johnson Air Force Services Agency

The demand for quality catering services has remained constant in Air Force clubs; accordingly, the need for more innovative presentations, programs, and menus continues to increase.

Special Function revenues in Air Force Clubs continue to rise and contribute significantly to the overall food sales: an estimated 50 percent.

These sales reflect Air Force Clubs catering operations are meeting, and exceeding customer service expectations.

It has been seven years since Air Force Services deployed the catering program, establishing operational and policy standards that ensure each client receives exceptional service. This catering standardization initiative provided a complete catering

package to include policies, procedures, training, hardware, software and catering equipment and supply items.

Although traditional functions, such as the formal wedding ceremony, retirement party or promotion event are still the bread and butter of our operations, today's customers are constantly seeking new and unique experiences for their catered events.

Due to this, the Air Force catering program automated each clubs catering system (Caterease catering software, Room Viewer room diagramming, and Core Menu Catering Edition). This allowed for personalized, yet professional marketing, scheduling, and event planning with a few keystrokes. For example, health conscious clients can receive a nutritional analysis of each menu item along with the recipe. They can also have a room layout of their function emailed to them upon request.

In addition to the computer automation, Air Force Clubs also received the "Club Information Catering To You." This package contains a step-bystep guide designed to assist customers in all aspects of planning their event and assists clubs in incorporating the technique of inclusive pricing, thus reducing perceived nuisance fees. Standard room rental policy for APF and personal functions, standardizing food and beverage guarantees, and Members First benefits (10 percent personal and \$2 pro-rata discount) are also included in the package.

One aspect that has added catering clients is the helpful planning hints, i.e. Beverage Equivalents, Suggestions for Hors D'oeuvres and Staffing Guidance. Aiding our clients in their event planning process, Catering to You provides

Beverage equivalents:

Bottle of champagne: 8 glasses for toasting

Liter carafe wine: = 8 glasses (4 oz. per glass)

Liter liquor: = 32 drinks

Gallon punch: = 30 servings (4 oz. per glass)

Full barrel of beer: = 80-200 glasses (10 oz. per glass)

Qtr. barrel of beer: = 50-75 glasses (10 oz. per glass)

Hors d'oeuvres quantity suggestions:

Light hors d'oeuvres: Usually served in early afternoon or prior to dinner; Plan 4 to 6 pieces per person plus dips, spreads, fruit or vegetable trays

Medium hors d'oeuvres: Usually served mid to late afternoon and considered "bridge" food for the period between lunch and an "after 6" dinner. Plan 7 to 10 pieces per person plus snack foods, chips, and dips

Heavy hors d'oeuvres: Usually a lunch substitute and/or a pre-show or light dinner substitute, which includes sliced meats and sandwich items. Plan 11 to 13 pieces per person plus dips and fruit/ cheese/vegetable trays

Meal substitute hors d'oeuvres: Served in lieu of a meal and always includes hot/cold meat items. Plan 14 plus pieces per person.

And, staffing guidance: One bartender for 100 people or less; Two bartenders for 100 to 200 people; three bartenders for 200 to 300 people; four bartenders for 300 to 400 people; and five bartenders for 400 to 500 people.

With all of the above mentioned it is no wonder that Air Force Catering is parlaying a successful seven years into a brighter future with plans for an electronic pro-rata sheet, a Caterease/ Aloha interface, and the release of a new/updated Catering package on the horizon.

Continued on next page

## Six bases test Developmental Training Model in FCC

#### Patti Ann Mehrens Family Child Care Specialist

Air Force Child Development Centers and School-Age Programs shifted to the Developmental Training Model over the past few years.

DTM is an individualized approach to staff development. Through regular, formal classroom observations the trainer is able to respond to the range of skills, knowledge and abilities of the direct caregiving staff.

In turn, staff have the opportunity to reflect on their own practice during de-brief sessions and assume shared responsibility for their professional development and training. Dedicated to supporting the professional growth of Family

Child Care providers, Air Force has begun piloting this same DTM approach in FCC homes at six installations: Eglin Air Force Base, Fla., Robins AFB, Ga., Hurlburt Field, Fla., Randolph and Lackland AFBs, Texas, and the Air Force Academy, Colo.

FCC DTM encompasses the use of the provider self-assessment and the coordinator monthly observation tools.

Every month FCC providers will complete a self-assessment of their home on fire, health, safety and business operations and the FCC coordinator will conduct home visits to observe the providers' interactions with the children in care and the overall experience in the FCC home.

At this time the coordinator will also verify the self-assessment. After the observation, the coordinator

returns to the FCC home within five days to provide individualized training based on the observation.

This training encourages the provider to address his or her own individual concerns, challenges, and professional needs.

Air Force FCC coordinators are changing roles from one of "inspector" to one of "trainer and supporter."

DTM is just the beginning. Over the next few months, many aspects of FCC will be standardized and streamlined to include: licensing, forms, administration, lending/resource centers, curriculum and planning, and accreditation support. Air Force Family Child Care is your child's "Home Away From Home."

## AF catering alive, thriving

#### continued from page 6

Air Force Clubs will remain at the forefront of military Catering innovation and technology.

All this information plus templates for business cards and menus, various checklists and downloads and updates are available on the Air Force Services website https://www-r.afsv.af.mil/Clubs\_Ltd/Catermain.htm

Further information on Air Force Club policies and procedures can be found on the Air Force Services Agency website. These sites are effective tools for club personal to gain knowledge on Air Force Club standards and ensure the continued success of Air Force Catering and Clubs as a whole.

AF Catering to You Link: https://www-r.afsv.af.mil/Clubs\_Ltd/Documents/Final%20catering%20to%20you.doc)

AF Clubs, AFI 34-272: https://www-r.afsv.af.mil/Clubs\_Ltd/Publications.htm

AF Club Program, AFM 34-228: https://www-r.afsv.af.mil/Clubs\_Ltd/Publications.htm

AF Clubs Link: https://www-r.afsv.af.mil/Clubs\_Ltd/ AF Clubs Systems Link: https://www-r.afsv.af.mil/ Clubs\_Ltd/businesssystems.htm

Air Force Clubs Checklist: https://www.r.afsv.af.mil/Clubs\_Ltd/Documents/ComplianceChecklist1.pdf

Training is also provided through various Club courses taught by the Air Force Services Agency headquarters.

A list and schedule for these courses can be found on the Services Agency Website at https://www-r.afsv.af.mil/ED/Courses.htm.

#### Use it or lose it at F.E. Warren

## Services does good things for people

By 2<sup>nd</sup> Lt. Paul Newell 319<sup>th</sup> Missile Squadron F.E. Warren Air Force Base, Wyo.

My wife will tell you that Tim Allen has nothing on me. I am constantly trying to fix or modify something. If I could get away with it, I would take the magnetron out of the microwave and make the world's most powerful bug zapper.

Many of you reading this know that you're closet Tim Allens, or you know somebody who is. You go to the hardware store, do everything they show you and fall flat on your face. It is frustrating. Being in the Air Force, we have a resource that is often overlooked and forgotten. I am talking about the 90th Services Squadron and it is here to give us the help we need.

Unfortunately, with current budget constraints, places like the workshop, ceramic shop, frame shop, engraving shop and many others could be on the chopping block if you don't use them. These facilities are some of our greatest, but most under-utilized benefits.

With the current deactivation of Peacekeeper and the 400<sup>th</sup> Missile Squadron, I spent many hours at the multi-craft center making flag cases, framing pictures and having engraving done. I was very impressed with what I saw and at the same time, saddened by what I didn't see.

I saw incredible competence, skill, creativity, talent and outstanding customer service in all of the shops. All shop personnel are willing to pass on their knowledge and help you become better in whatever project you're working on. What saddened me was the lack of customers. I hope this is just because many people forgot we have a multi-craft center and they don't know what services are provided. I would like to tell you a little about each.

The woodshop people have more than 200 years of experience. They have several classes ranging from basic wood safety to woodcarving. If they don't have a specific class, they will help you one on one. I dare you to find a place downtown that will do the same.

The frame shop manager has more than 18 years of framing experience and you won't meet a nicer lady. If it can be framed, she's been there, done that and has the T-shirt. She has a large stock of matting, glass and frame molding for almost any project. She helped me several times with matching colors and molding and answered several questions about framing techniques. Take the basic framing class and you will be surprised how easy it is as long as you practice and frame something once in a while.

Chances are, if you have gotten or given a plaque recently, it came from laser engraving. They went into overdrive and made 100 metal plates for the 400th MS deactivation. The high quality work added the appropriate touch of class to a ceremony the members of the 400th MS deserved.

Just walk through the ceramics shop and you will see several

beautifully hand-painted items. On a recent weekend, I watched them help 10 children paint ceramic pumpkins for Halloween. Not only did the children and the parents have fun, they made some long lasting memories. There aren't too many places downtown where you could do the same.

As I said before, I am a wannabe Tim Allen and I'm not afraid to admit it. The people at the multicraft center have helped me with my addiction. Check out the multicraft center and the other nonappropriated fund facilities in services before we lose them. I worked at the multi-craft center at Peterson AFB, Colo., before I joined the Air Force and used to help an elderly veteran named Frank. Frank was devastated after the shop was closed. Most of the shops were shut down more than 12 years ago and to be quite honest, it hurt.

For months, people came by looking for the wood shop or ceramic shop and they were disappointed that they were gone. Unfortunately, I can see the same writing on the wall for this multicraft center.

You need to use it, or you'll lose it. It's not just a place to do crafts. It's a place where you can unwind, do something productive, save a few bucks and meet members of your military family past and present. Why would you go downtown and pay someone to do something you could do yourself? The facilities are here, on our base and our family runs them. Use them, before this benefit is gone.

## What does your AF Club do for you?

By Judith Fair, Manager, Tinker Air Force Base, Okla., Tinker Club

I recently had a military member ask the question, "What does the Club do for me?"

I sat back and thought about the perception many of our customers have of the clubs today. I decided it was time to let them know what Air Force Clubs do for them.

I pulled up my function sheets for the following day and began to jot down the order of events.

The day actually starts at 11:30 p.m. the night before. The club is supporting a burger burn for 800 people – offsite at Dock 2. Then to

the Club at 7 a.m. to get ready for a pinon ceremony for a new general. It needs to be special, so we set aside a small function room for the family to meet and serve them some hot coffee.

When it is over, we pull the wall back and let the guests mingle while enjoying some cookies and punch.

In the back of the house, our kitchen staff is racing to finish preparing the remaining 1,200 burgers for the afternoon portion of the burger burn back at Dock 2.

We only have one ballroom, but we have another event. Take the two thirds that was set with a full stage in the center and 150 chairs, swing the stage to the other side and add another 75 chairs for the monthly base promotion ceremony.

Hold on! Event number 3 in the room needs to be set up in the other third. This section was originally set reception style with only food tables. We need to reset these tables, adding two additional ones in the back of this section and add 50 chairs for yet another pin-on ceremony set to begin soon.

While our maintenance folks are busy with this, we have the crew in the kitchen loading the catering truck to support an off-site pin-on ceremony at Bldg. 1086. This is the same truck that has been going back and forth to the burger burn, so it's been loaded and unloaded twice and is now being loaded again.

Back at the club, one third of the ballroom now needs to be sectioned off and set for event number four. We need a u-shape set for 44 people who will be arriving for dinner in an hour and a half.

The small room used this morning for the family is being turned into theater style seating for pinon number four.

Thirty chairs, podium and microphone and food tables are assembled and the event begins.

We've accomplished this with a staff of three maintenance personnel, four cooks, one manager, an administrative assistant and five wait staff persons all for an estimated \$9,270.

It's the last day of the month, so we're starting inventory, payments are being taken, membership issues are being handled, telephones are ringing, new catering contracts are being drafted and Bingo is being set up.

When someone asks, "What does the Club do for me?" -- hand them this article. It's indicative of what many of you go through more than several times a month.



#### Applauding for Tops In Blue

Air Force wife Ashley Montgomery was one of several hundred people who applauded the performance by members of the Air Force's Tops In Blue at Yokota Air Base, Japan. The group — called the Air Force's "expeditionary entertainers" — performed a 90-minute music, dance and comedy show recently. The group travels to provide entertainment where ever U.S. troops are — especially those in remote locations around the world. Photo by Master Sgt. Val Gempis



# Kadena sergeant wins Hawaii cruise playing PACAF Pentathlon game

By Capt. Gerado Gonzalez Kadena Air Base, Japan, Public Affairs

A typical Monday morning for Tech.
Sgt. Julius Walker brought a big surprise recently. He opened his email to check for new messages, and learned he'd won a cruise vacation to Hawaii by playing a Services online board game.

"It was a good way to start the week," said Sergeant Walker, an avionics systems mechanic with Air Force Materiel Command's Support Center Pacific. "I immediately called my wife and told her about it, but she didn't believe me at first."

Playing the Pentathlon game paid off big for Sergeant Walker.

"I've won things before, but never anything to this degree," he said.

In the Pacific Air Forces Pentathlon, players collect game pieces and use them to complete five "virtual" events. Completing each event with the specified number of game pieces registers players to win prizes. Players acquire game pieces after using or making purchases at participating 18th Services facilities.

Sergeant Walker and his wife, Marina, collected enough game pieces to make about 300 entries into the Pentathlon. Dining at the clubs, going on Services-sponsored tours and participating in library programs made it easy to collect the game pieces, said Sergeant Walker.

The Walkers have until October to cash in on their prize, which includes round-trip airfare and a seven-day cruise around five of the Hawaiian Islands for two people.

"We've been to Hawaii before and we had a great time," said Sergeant Walker. "We look



Tech Sgt. Julius Walker and wife Marina recently won round-trip airfare and a sevenday cruise of the Hawaiian Islands in the PACAF Pentathlon contest. Photo by Staff Sgt. Chyrece Campbell

forward to going back."

This year's Pentathlon ran from the beginning of August until the end of September.

Kadena had 1,500 participants with 164 winning a variety of prizes, said Jennifer Lown, 18<sup>th</sup> SVS marketing account executive.

The game is intended to reward frequent customers

of Services programs and also increase awareness of these programs to improve the quality of life in military communities.

"Services puts on a lot of good programs," said Sergeant Walker. "I would encourage everyone to participate in the next Pentathlon. People do win."

## McConnell's 22nd SVS fuels the fight

By Capt. Brus Vidal McConnell Air Force Base, Kans., Public Affairs

It's been said that "the road to the soul goes through the stomach."

If that is true, then the men and women of the 22nd Service Squadron at McConnell Air Force Base, Kans., who run the Chisholm Trail Dining Facility, are blessed with "a whole lotta soul."

The team of 16 Airmen chefs cook to cover 13,000 monthly meals serving four meals per day for Team McConnell. They also prepare more than 1,200 of the Chisholm Trail's nearly famous "boxed lunches" monthly for aircrew, ground support personnel, and other on-the-go McConnell Warriors.

"Our team does an incredible job feeding a massive amount of Airmen here," said Master Sgt. Anthony Wise, 22nd Services Squadron, Food Services superintendent. "The job doesn't come with a lot of 'thanks,' but the reward comes in seeing hundreds of satisfied customers transit our facility each day."

But seeing their customers' faces is the last step in a long sequence of preparation leading up to the actual meal services. The Chisholm Trail team spends six to 10 hours a day, on average, either preparing for a meal service or cleaning up after one.

"Food service is a demanding business, but providing top-quality service takes a personal



Tech. Sgt. Chris Alexander, 22nd Aircraft Maintenance Squadron, picks up his lunch at the Chisholm Trail dining facility.

dedication and commitment from each team member - it's an absolute necessity for all team members to go above and beyond if we, collectively, are to provide top-notch service," he said. "That is what we do the pride and Airmanship from all members of this team is truly second- to-none."

Sergeant Wise said the staff also takes extra care in preparing a healthy menu with plenty of alternatives for all Airmen, specifically addressing the Fit Warrior AF Culture.

"We always provide a variety of healthy choices suitable for all tastes and also offer generic meal selections based on average American preferences," he said. "Our specialty bar is something most bases don't have, and that is another tremendous benefit for the Airmen who dine here."

The bar features daily specialties like "Baked Potato Monday", "Taco Tuesday", "Dog Day Wednesday," pasta specials on Thursday, and "Fat Fridays."

Airmen can also look forward to new upgrades with the facility's physical make-up as well, said Sergeant Wise. Money from the Wing's Installation Excellence award and other sources is being used to purchase new furniture and other facility renovations.



Carolyn, a food service cashier, rings up a meal for Airman Laura Turner, 22nd Security Forces Squadron, at the Chisholm Trail Dining Facility recently. Photos by Senior Airman Angelique Smythe

# Virtual MSVA program helps Sheppard spouses work from home computer

By Airman 1st Class Jacque Lickteig Sheppard Air Force Base, Texas, Public Affairs

As a military spouse bouncing from place to place every couple of years, Sandy Parks' luck finding significant employment has been tough.

Since 1987, she's held numerous temporary jobs, but nothing really substantial, she said.

"It makes my resume look really interesting," Mrs. Parks said, masking the exasperation in her voice with laughter. "People who are hiring don't seem to want a military spouse no matter what their qualifications because they know [he or she] won't be around very long."

She is master-certified in customer service with a specialty in desktop publishing, but her skills weren't helping in her job hunt.

After jumping through several employment agencies, she's finally found a solution to the problem so many spouses face PCS after PCS. She found the family support center's Military Spouse Virtual Assistant program while she was searching through numerous workfrom-home opportunities.

She said she noticed it was through the family support center and thought, "Anything that the Air Force or military would give you a hand with has to be beneficial." Staffcentrix, the program's mother company, designed MSVA to help military spouses in Mrs. Parks' position.

What makes this program different from the millions of work-from-home opportunities and scams is that this program is free.

Sheppard offered its first MSVA class recently, which Mrs. Parks attended

Using the skills they taught her, she created her own business, Jackrabbits VA, and she now has five clients who pay her up to \$30 an hour for her desktop publishing services.

MSVA is a three-day training program that teaches them how to become a virtual assistant and build a home-based business they can take with them anywhere around the world using today's technology, such as e-mail, fax, Internet and telecommunication.

The first full-day session involves skills assessment, where class members analyze their abilities and find what's marketable to future clients. In this session, the trainer, Michelle Schroeder at the family support center, teaches them the ins and outs of entrepreneurship.

In the second session, which is only two hours, Mrs. Schroeder discusses the myths and realities of working from home with the military spouse and the military member.

"I tell them that just because their spouse is working from home doesn't mean all the housework will be done when they get home," Mrs. Schroeder said. "I also tell them just because their spouse is at home all day doesn't mean they aren't busy."

In the third session, Mrs. Schroeder teaches the fledgling virtual assistants about marketing through business cards, Web sites and other various media.

What makes this program different from the millions of work-from-home opportunities and scams is that this program is free, Ms. Schroeder said. The only money the attendees might have to fork over is for their businesses, which can be as much or as little as the entrepreneur wishes to spend.

"Don't go out and go broke getting equipment before the business soars," Mrs. Schroeder advises. "Wait until business picks up before investing more money than you should."

Another service that Staffcentrix offers is a job announcement list, Rat Race Rebellion, that can match people with the right skills with clients who need them. However, that service comes with a fee of \$15 for a month up to \$52 for a year.

Mrs. Schroeder said it is very possible for virtual assistants to find clients through solid networking without dishing out the money for the service.

Sheppard offers the course quarterly.

# On the road again: Handymen help Airmen in need

By Airman 1st Class Michael Hess RAF Lakenheath Public Affairs

One wall at the RAF Lakenheath Auto Hobby Center is covered with thank you letters from Airmen and family members.

The other wall is outlined by shelves full of old engines.

The bays are usually filled with people working on their cars or being assisted by the center's mechanics.

Regardless of the time of year, the scene is always busy.

"We have people come in here who can barely turn a screw and others who rebuild engines and automatic transmissions," said Mike Francis, 7-year auto hobby center tool and parts attendant.

"If they want to learn, it's good to know a little something about a car. It's better than being by the side of the road," said Joe Harris, auto hobby center tool and parts attendant, who has a general vehicle maintenance certification.

"We will help as much as we can," said Gary McCuller, auto hobby center tool and part attendant.

However, some repairs are too complex for the average vehicle owner and perhaps too complex for the attendants.

"We try not to let people tear their cars apart, then ask us how to put them back together," said Mr. Francis.

But if someone has the time and expertise, then the auto hobby center has the tools and place to park. There are limitations, such as specialized tools and expertise; however, time should never be an important issue with the RAF Lakenheath Auto Hobby Center.

"We are open 12-hours a day, from 9 a.m. until 9 p.m.
The only day we are closed is Monday.
Those are better hours than any base I've been to," said Mr. McCuller, retired Air Force optometry technician.

If 12 hours isn't enough time to complete a big project, then the occasional allnighter offers an extra day of consecutive work time.

"For the allnighters, we are open from 9 a.m. Saturday until 9 p.m. Sunday," said Mr. Harris. "The last one was pretty packed."

Generally, allnighters are where people attempt bigger projects, such as replacing or rebuilding an engine, said the mechanics.

All-nighters are good for any size project, but if making the time is the issue, then most minor repairs can



Joe Harris, RAF Lakenheath Auto Skills Center tool and parts attendant, checks for rust holes in an exhaust system recently. Photo by Airman 1st Class Michael Hess

be done by a mechanic for a fee.

The center employs two minor maintenance mechanics, two light conversion specialists and one oil change technician to meet the needs of the customers.

Minor maintenance and repairs include brake replacement, radiator flushes and oil changes.

"We get people in here who have done some bizarre things to their cars," said Mr. McCuller. "People have put window washer fluid in the brake fluid, gasoline in a diesel tank and oil in the radiator." In March, a girl lost a 4- foot Burmese python in her car and asked the mechanics to help her get it out.

"I am so thankful they were around to save Tyson," said Airman 1st Class Melissa Love, 48th Aircraft Maintenance Squadron electrician.

"That was by far the weirdest situation we had to deal with," said Mr. Francis.

No matter if it's a snake in the car, a fluid cap memory lapse or flat tire, rest assured the auto skills center staff will help get you back on the road.

# Part Day class enriches Maxwell-Gunter children

By Judy Crow Marketing and Publicity Maxwell Support Division

"Five little monkeys swinging in a tree, swinging in a tree, Mr. Alligator can't catch me!" sing the eight little students in the Maxwell Child Development Center Part-Day Enrichment program while swinging their arms in the air as they think monkeys in a tree would do.

"Here comes Mr. Alligator," whispered Jeanette Tartaglia, Maxwell CDC teacher. Then with a clap of her hands, Mr. Alligator caught a monkey, "How many monkeys are left?" asked Mrs. Tartaglia. "Four" shouted the excited students.

It is a cute little ditty of a song to adults, but to these children, it is teaching them to subtract. The children and teacher continue to sing the song until there are no more monkeys swinging in the tree. With the loss of each monkey, the children get more excited and faster with the words.

The Part-Day
Enrichment Program
is a two or threeday program from
8:30 a.m. to 11:30
p.m. designed to
instruct children
ages three and four
in social and
emotional development, and physical,
cognitive and
language development.

Next the children use pennies to sink two plastic boats in a tub of water. As each child learns to take his or her turn as coached by Mrs. Tartaglia and only put a penny at a time in a boat, the children are learning to share and respect the rights of others. A couple of children put their pennies on the other side of the boat from the others.

"Look what has happened," said Mrs. Tartaglia. "The boat is not leaning anymore! By putting pennies on the other side of the boat, the boat has been balanced and is sitting up right again." Eventually the boats sink with their loads of pennies and it is time to count how many pennies it takes to sink a plastic boat. One child calls the sinking the Titanic. The children count with Mrs. Tartaglia the one through eight pennies it took to sink each boat. "A whirlpool could sink a boat," said one excited child. "A twister could too," said another, and "A hurricane could too," said another child.

With the children's replies of things that could also sink a boat, Mrs. Targalia said she would take her cue to bring those topics into a lesson



Jeanette Tartaglia gives pennies to her students for a science and math lab on how much weight it takes to sink a plastic boat. The Part-Day Enrichment Program students took turns putting pennies in each boat until each sank and then counted how many pennies it took. Photo by Judy Crow

for the children at the next class. "As we observe the children in each class, we see where to go in future lessons."

As Mrs. Tartaglia continues her class, the children have a language lesson in Spanish on the words for house, cat and dog. The children respond enthusiastically with the Spanish names as Mrs. Tartaglia holds up the pictures of each. They have only had a couple of classes on

this before today.
Mrs. Tartaglia,
originally from
Panama, is the
CDC's first bi-lingual
teacher. She has 11
years of working
with various Air
Force CD centers
through moving with
her husband, Tech
Sgt. Robert
Tartaglia in his AF
career.

These lessons and other activities involving name recognition, spelling their names.

Continued on next page



#### Scrapbooking frenzy

Ashley Zuehls, 5th Services Squadron Arts and Crafts Center at Minot Air Force Base, N.D., inventories scrapbooking materials recently at the center. Scrapbooking workshops are held the second Saturday of every month from 10 a.m. to 4 p.m. Photo by Staff Sgt. Carla Williams

## Maxwell-Gunter children learn in Part-Day classes

#### continued from page 14

physical jumping and running activities and quiet "selfdirected" art time fill the class's three hours. Soon it is time for the children to gather their cute backpacks of pink, blue and purple from their "cubbies," put their art treasures in them and head home with Mom. The excited children eagerly tell their Moms about their art and their

day as each Mom arrives.

"The Air Force lists 50 goals and objectives in a creative curriculum outline for the Child **Development Center** to follow," said Brenda Haughton, Maxwell CDC Training and Curriculum Specialist. "We train all our teachers in house. The center is accredited by the **National Association** 

for the Education of Young Children." said Mrs. Haughton, who holds a degree in Early Childhood Education, a requirement for her job.

In the Part-Day program, the children receive a snack mid-way through their morning. All meals and snacks are certified by the U.S. Department of Agriculture Child

and Adult Care Food Program. The full day programs offer breakfast and lunch as well as snacks at no extra charge. Fees are based on the combined family income.

Every month, the Maxwell and Gunter Annex CDCs have unannounced public health and fire inspections. They also have an unannounced Department of Defense inspection annually.

The Child Development Center at **Gunter Annex offers** the same programs as the Maxwell CDC which includes fulltime care, hourly care, and the Part-Day enrichment program. Optional dance, tumbling, and art classes are also available for children enrolled in the program for an additional charge.

## Properly securing precious cargo

## McConnell CDC offers car seat installation checks

Story and photo by Staff Sgt. Kristine Dreyer McConnell Air Force Base, Kans., Public Affairs

Three McConnell Air Force Base, Calif., Child Development Center employees who are trained and certified by the National Safe Kids Campaign offer car seat checks upon request.

According to the National Safe Kids Campaign, 81.6 percent of car seats were misused with an average of three installation or harnessing errors per car seat.

Cindi Delaney, 22nd Services Squadron, is trained and certified by the National Safe Kids Campaign and offers some tips parents should think about when buying, installing and using their car seat.

When buying a car seat, parents

should choose a seat that works for them, and one way of determining which car seat will fit their car is to read the car manual.

"My car manual actually has a section for car seats," said Ms. Delaney.

Since car seats come in all shapes and sizes, parents should make sure the car seat fits in the car before purchasing it.

"Not all car seats will fit in all cars," said Ms. Delaney. "Some stores will take the car seat out to your car, so you can check to see if it fits before you buy it."

Parents should also be sure the car seat is suitable for their child's age, weight and height.

The NHTSA Web site has a chart parents can use to determine which seat would work best.

"It is recommended that children use a seat restraint until they are at least four feet, nine inches tall," said Ms. Delaney.

After finding the perfect fit, some parents may want to buy some accessories for their seat, but parents should steer clear of accessories that did not originally come with the car or car seat.

"There are no safety regulations for these products," said Ms. Delaney.

If you use any of these accessories and get in a car accident, the car or the car seat manufacturer liability may be void," said Ms. Delaney.

To avoid any misuse of the car seats, Ms. Delaney recommends parents read the car seat manual before use and mail in the car seat registration form in case of a car seat recall.

Another challenge for parents is the proper installation of the car seat.

"When the car seat is strapped in, you should not be able to move the car seat more than an inch in either direction," said Ms. Delaney.

Rear-facing car seats should be at a 45 degree angle.

"This can be fixed by placing a folded towel or a swim noodle between the car seat and the seat of the car," said Ms. Delaney.

Once the car seat is properly strapped in, the child needs to be secured in the seat. According to Ms. Delaney, one common mistake is leaving the straps too loose.

"The straps should not be too tight, but not allow too much slack," said Ms. Delaney. "Also, the retainer clip should be at arm pit level."

According to Newton's Law of Motion, objects in motion remain in motion at original speed until acted on by an outside force.

"If you don't properly use the car seat, the outside force could possibly be the windshield or pavement," said Ms. Delaney.



Master Sgt. Kimberly Davis, 22nd Medical Support Squadron, properly secures her daughter, TyDasia, 5, into her high back belt-positioning booster seat. Sergeant Davis is also trained to check car seats.

## Patrick adds oceanfront green space

By Monique Seaman Patrick Air Force Base, Fla., Public Affairs

Blue is the Air Force's primary color, but green is in at Patrick Air Force Base, Fla. With the demolition of five Temporary Lodging Facility units – two full cul-de-sacs located north of the Pineda on A1A – the base will soon add several acres to its oceanfront green space.

The project includes removal of the associated utilities, sidewalks and parking lots.

The remaining land will be restored with grass, growing Patrick's oceanfront green space by 22 acres.

"While others are building condos on the beaches of Brevard County, the 45<sup>th</sup> Space Wing is building green space," said 45th SW commander, Col. Mark Owen.

The beachside TLFs were built in 1953 and included 10 cul-de-sacs that stretched all the way to the Pineda. Originally, all 10 were part of central housing but, in 1983, five were turned over to lodging and have since been used primarily for newly assigned families and space available, military-affiliated visitors.

The other five remained housing units and were demolished by 1996. Although four of five cul-de-sacs left are scheduled for future demolition, last year's hurricanes Francis and Jeanne expedited the process for two of them.

"We determined it was in the best interest to demolish these facilities now because the cost estimates to bring them to a reasonable standard, after the hurricanes, were prohibitive," said Cecil O'Brian, 45th CES Program Development Element chief. "The remaining three cul-de-sacs are undergoing minor repairs and replacement of storm-damaged siding."

New riverfront TLFs were completed in 2002 to augment the beachside lodging as part of a master plan designed to move more of the base's infrastructure away from the ocean and toward the Banana River.

As part of Patrick's continued commitment to green space, future plans for the beachfront land

include demolition of more TLFs and replacement of natural beachside vegetation – including a walkway with beach access points.

"Growing green space is so important to us that we've initiated a campaign called Operation Green Space to help educate the public about initiatives that have been ongoing since the mid-1990s," said Col. Owen. "By returning this land to as close to a natural state as possible we're helping ensure the people of Florida and the Space Coast can enjoy and appreciate unspoiled oceanfront areas."



Jose Avila, an All Phase Services crew laborer, hammers a section of a Temporary Lodging Facility unit in preparation for demolition. Five units will be demolished. Photo by Monique Seaman

## Scrapbooking a cut above other hobbies at MacDill

the country right

now," she said. "It's

amazing how many

Mrs. Lets said

buffered papers and

formulations have

people to beat the

old problem of

of clippings and

made it possible for

yellowing and fading

photos that go into

scrapbooks. Many

new acid-free,

other modern

people are getting

into it."

**Bv Nick Stubbs** MacDill Air Force Base, Fla., Public **Affairs** 

What's old is new again. Nothing proves the axiom like the wildfire that is the hobby of scrapbooking, a pastime that has been around in one form or another for centuries.

Like most crazes, it is hard to pin

down just what caused a new focus and interest in making scrapbooks, but Geri Lets, who teaches a course on the techniques at the Arts and Crafts Center on base, said new, improved materials combined with the ages-old desire to preserve family histories has merged.

"It's the fastest growing hobby in

who have been scrapbooking for years are going about porting their old scrapbook pieces onto the new materials to ensure longevity and others new to the hobby are discovering the wealth of supplies and gadgets that are making the hobby more rewarding than ever.

"The new style is a lot different," said Mrs. Lets. "It used to be more limited."

Today the sky seems to be the limit. Rubber stamping has become an important part of building interesting books,

and a wealth of stamps and inks is making it possible to decorate paper beyond what grandma would have dreamed. Special dies and cutters allow more customizing options and some even are branching into producing 3-D single pages that are being framed and hung on the wall, said Mrs. Lets.

"It's become a huge industry and we are happy to be offering the opportunity here," said Tammy Zell, director of the Arts and Crafts Center. "We anticipate a lot of interest as we get into winter and more people from up north arrive."

While scrapbooking is an interesting pastime, it also serves a higher purpose: preserving history.

A history major, Mrs. Lets said the craze has the side benefit of ensuring future generations and even historians will have a better

record of studying the "ordinary lives" of people.

"Scrapbooks can be of interest to families but also globally as a record," said. Mrs. Lets, who added that scrapbookers today may be building books chronicling a future president or other famous person and one day they will be of great interest.

For those who imagine the hobby is reserved for moms and grandmothers, think again. It's hot in schools from elementary through college and men, particularly retired military men, are joining in.

"Some (old soldiers) have commented that it is very cathartic, revisiting the past and putting their life in perspective," said Mrs. Lets, who added that the Arts and Crafts Center sells a variety of



Pictures, notes and "a lot of love" go into making a scrapbook like this one Geri Lets made chronicling her daughters. Photos by Nick Stubbs

Continued on next page



#### Work hard -- play hard

Airmen of the 612th Air Base Squadron, Sato Cano Air Base, Honduras, work on a foosball table recently. More than 40 Airmen renovated the "Oasis," the Air Force club at the joint military location. Airmen worked on the new Oasis for months; now the Airmen have a branch new all-ranks club that is used for official functions and recreation. The newly-renovated club features new dart boards, pool tables, foosball tables, big screen televisions and a barbecue grill. Courtesy photo

## Scrapbooking a cut above

#### continued from page 18

supplies related putting together military scrapbooks.

One of the best reasons to practice the hobby at the center is costly dies and tools are available, sparing the hobbyists the cost of tooling up with cutting dies and such. But with so many companies competing in the market, prices are dropping and the Internet is a great place to shop, as well as at the crafts center and specialty

shops in the Tampa area

So what makes a good scrapbook? Mrs. Lets said everyone has their own style. Some build books that are designed to tell a specific and detailed story about a person or event and others put together varied collections of things only insiders in the family might appreciate. But about anything that can be squeezed between two pages is fair game.

"Photos, clippings, report cards, drawings, letters and a lot of love go into scrapbooks," said Mrs. Lets.

In an age when email is replacing love letters, keeping "hard copy" in the form of a book is a blessing for future generations, said Mrs. Lets. Doing something useful and important to future generations while having fun may be the core of the hobby's popularity, said Mrs. Lets.



Cutting dies like this bunny shape help make pages more interesting.

## Quiet haven opens for Balad community

By Staff Sgt. Tammie Moore Balad Air Base, Iraq, Public Affairs

Airmen and Soldiers shouldn't have trouble finding a peaceful place to complete school work or read a book since the Red Tail Library doors have opened at Balad Air Base, Iraq.

"Everybody on the base is bombarded with noise every single minute of their day, whether it is their work environment, roommates, dining facility or the recreation tent," said Lt. Col. John Williams, 332nd Expeditionary Services Squadron commander. "The library provides a place for people to come and study or relax in a quiet atmosphere."

Open seven days a week from 6 a.m. to midnight, the Red Tail Library serves as a silent haven.

The library has four computers set up for educational use, said Staff Sgt. Christy Williams, 332nd ESVS NCOIC of the Red Tail Library.

There is currently no time limit on the computers however, if a line forms patrons are expected to be considerate of others' needs.

Additional tools are on hand for those wishing to expand their education while here, including CLEP and DANTES study material.

These books can be checked out for two weeks at a time.

Books and bookson-tape can be checked out for a week at a time, but to do this a library registration card must be completed, Sergeant Williams said.

"We also have a number of books available for free," she said. Patrons can also stay up-to-date with news regarding fashion to sports with the current stock of magazines. The library continues to accept personal book donations, however limitations are in place.

"We are only taking one or two books at a time not boxes of books," Sergeant Williams said.

In addition to providing a quiet study atmosphere and plenty of reading material, the library is starting its "Read to Me" program.

The "Read to Me" program provides an opportunity for individuals to come in and record a reading of a children's book that can be sent back to the states, Sergeant Williams said.

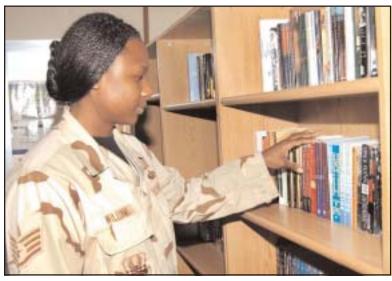
The library has a supply of books on hand to read or they can bring their own.

Colonel Williams said, "With the help of our communications teammates we will then mail a copy of that reading session on CD and the book to the child back home. This will allow our members to remain connected with their small children and brighten the day of a child as they watch their mom or dad doing something they probably did every day before deployment."

The services offered at the library will soon expand.

"We are striving for an end-of-month grand opening of our library annex, The Cyber Café, which is being built right next door." **Colonel Williams** said. "We will be increasing the number of computers available for morale use and connecting them to their own satellite network. This should speed the connection for both morale computers and office computers."

In addition, DVD and CD rentals will be moving from the H6 Recreation Tent to the library, where they can be checked out for three days at a time.



Staff Sgt. Christy Williams, 332nd Expeditionary Services Squadron, organizes the book shelves at the Red Tail Library. Photos by Staff Sgt. Tammie Moore

## Snapped around Services photo page

#### Patriots on tour

The three-time world champion New England
Patriots sent four members of their
cheerleading squad to accompany Trick Pony,
John Popper of the platinum-selling band
Blues Traveler, the Band of the U.S. Air Force
Reserve and the U.S. Air Forces in Europe
Band at four USAFE bases on a holiday tour.
Photo by Ken Hackman



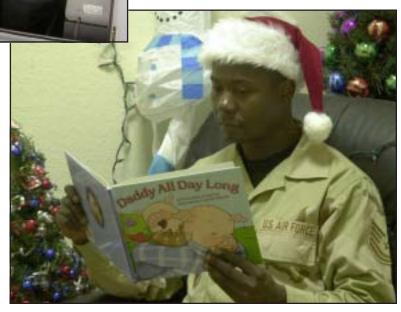
#### Caffeine lovers rejoice

Agron Elezi, ES-KO employee, serves Senior Airman David Reim, 407th Expeditionary Services Squadron, an affogato, which is vanilla ice cream with espresso poured on top. The ES-KO coffee shop opened recently at Ali Air Base, Iraq. The cafe-type atmosphere sports several chairs and umbrellas, and even a foosball table for relaxing under the desert sun. Photo by Tech. Sgt. Melissa Phillips



Tech. Sgt. Anthony Reeves reads "Daddy All Day Long" to his children back home at Pope Air Force Base, N.C. Sergeant Reeves is deployed and Pope AFB is his home base.

The Story Time Video Program gives deployed members the opportunity to still be a part of their children's lives by reading to them via video. Sergeant Reeves is with the 379th Expeditionary Aeromedical Evacuation Squadron. Photo by Senior Airman Cassandra Locke





## Photo eye on Kirtland



Martin Sibley, the Kirtland Air Force Base, N.M., Lanes Bowling Center manager, displays items in the pro shop. Located on Texas Street. Kirtland Lanes feature equipment for all levels of skill. Photos by Mara Minwegan

Beverly Stotz and Vicky Anderson examine the custom carved wood ornaments at the Arts and Crafts Center.



#### FTAC visits McConnell Outdoor Rec

During a tour of the McConnell Air Force Base, Kans., Outdoor Recreation facility by the latest class from the First Term Airmen Center, Jim Vause, assistant director of Outdoor Recreation, shows the FTAC Airmen a boat that Outdoor Recreation plans to restore. From left are Mr. Vause, Staff Sgt. Jason Johnson, FTAC team leader, Airmen Brian LaRue and Bradford Hill, Staff Sgt. Lauren Hewitt, FTAC team leader, Airman Jeremy Ekalo and Airman 1st Class Ross Burger. Photo by Staff Sgt. Kristine Dreyer

## Kadena wins LeMay Trophy for fourth time

Sharon Gunselman, 18th Mission Support Group deputy commander, shows Airman 1st Class Misty Savacoolm 18th Services Squadron at Kadena Air Base, Japan, the inscription that shows the 18th SVS has won the LeMay Trophy four times. Air Force Services officials selected 18th SVS for the large unit LeMay award that recognizes the best overall Services unit. Art Myers, Air Force Services Director, presented the trophy to 18th SVS in a November ceremony in the Kadena NCO Club.



Photo by Staff Sgt. Chyrace Campbell



#### With Honor

Members of the Minot Air Force Base, N.D., Honor Guard present the colors before kickoff at the Minot State University football game on a recent Saturday. MSU held a military appreciation day. Military members and their families received free admission to the game. Photo by Staff Sgt. Joe Laws

## Incentives, savings mark 36th SVS' 'Hafa Days' customer appreciation week

By Airman Evan Carter 36th Air Expeditionary Wing Public Affairs

Customers experienced big fun and savings during "Hafa Days," the 36th Services Squadron customer appreciation week, according to Maj. Paul Kopecki, 36th SVS commander at Andersen Air Force Base, Guam. "The brand new program, Hafa Days, is the 36th Services Squadron's way of saying thanks for being a customer."

Prize drawings were held at Gecko Lanes, the Top of the Rock, the Palm Tree Golf Course and the arts and crafts center. There was 50 percent off select services, food and merchandise at Café Latte, Zorbas the Greek Restaurant, the Palm Tree Golf Course, Gecko Lanes Bowling Center, the arts and crafts center, the auto hobby shop, the fitness center, the youth center and the teen center.

There was a free beach party at Tarague Beach with free ribs and chicken served. There was a live band, games and a chance to win one of two free trips to Hong Kong or Cairns, Australia, for eligible customers.

"Pacific Air Forces gave every base \$10,000 to spend on a program of their choosing and Andersen won an extra \$5,000 for having the best customer appreciation plan and another \$5,000 through commercial sponsorship, making 'Hafa Days' a \$20,000 event," said Maj. Kopecki.

"Hafa Days" was sponsored in part by Continental Airlines.

Ralph Ridgeway, 36th Services director of marketing, and his team devised and built the program to provide customers incentives while gaining information from them on how to improve services. "We are always interested in hearing our customers' ideas on how we can improve," said Mr. Ridgeway.

## Hill Airman crowned AFMC Texas Hold 'Em Champion

By Shad West Hill Air Force Base, Utah, Public Affairs

It was a spine tingling day of "blinds," "flops" and "all-ins" as the Air Force Materiel Command Texas Hold 'Em Championship, held at Wright-Patterson Air Force Base, Ohio, unfolded recently.

Base-level winners from across the command gathered for a final showdown to determine who would be crowned this year's champ.

In a dramatic finish, Michael Dannenmueller, a technical sergeant stationed at Hill Air Force Base, Utah, came from last place to take home the grand prize and bragging rights.

"I was down to my final two chips with five people still at the table," Sergeant Dannenmueller said. "I was the big blind and had to go all in. I didn't even look at my hand. I ended up winning the hand with a pair of queens."

Sergeant
Dannenmueller
ended up taking the
tournament when
he caught a club
flush on the river to
win.

The AFMC Clubs initiative began in August with eight weeks of tournament play at each base. Each participating installation's champion was invited to Wright-Patterson for the play-off event. As the victor, Sergeant Dannenmueller, received a \$1,500 Club card credit. Second place

honors went to Keith Botelho from Hanscom AFB, Mass., who received a \$1,000 credit and the \$500 third place winner was Staff. Sgt. Christopher Rochefort from Eglin AFB, Fla.

Sergeant
Dannenmueller says
he is planning on
using part of his
winnings for his
retirement ceremony at Club Hill in
January and plans to
continue playing the
game every
Wednesday.

"Playing at the club is a great way

to meet new people," he said. "It's an opportunity to perfect my game in a friendly environment."

Club Hill holds games every Wednesday where participants will have a chance to win Club Bucks.

The weekly tournaments begin at 5:30 p.m.

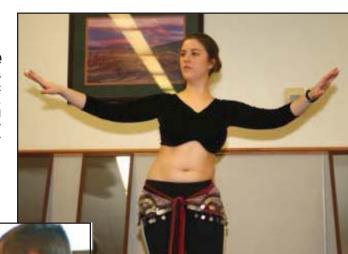
The program, for club members only, was developed as part of an effort to bring added value to Club membership across the command.

## Snapped around Services photo page

#### A different dance

Staff Sgt. Beth Jones, 91st Maintenance Operations Squadron, demonstrates belly dance moves recently at the Community Center at Minot Air Force Base, N.D.

Belly dance classes are offered Mondays and Thursdays from 4:45 to 5:45 p.m. at the Community Center. Photo by Airman Cassandra Butler



#### Sea Lion

Staff Sgt. Toni Beaty, 20th Services Squadron at Shaw Air Force Base, S.C., gives a meal ready to eat to Airman 1st Class Walton Bradley, 20th Component Maintenance Squadron, as part of the recent Sea Lion 06-04 Phase II operational readiness exercise. Photo by Tech. Sgt. James Arrowood



#### Operation Crayon

Staff Sgt. Christopher Givens, 407th Expeditionary Logistics Readiness Squadron, deployed from Forbes Field Air National Guard, Topeka, Kan., checks out artwork on display at his deployed location. The artwork was made by children from the McConnell Air Force Base, Kans., Child Development Center, School Age Program and Family Child Care Program. The artwork project, named Operation Crayon, was coordinated by Tech. Sgt. Mike Radke, a deployed member from the 22nd Services Squadron. Photo by Tech. Sgt. Melissa Phillips



## New customer appreciation program

## Prizes at Yokota all about 'U'

By Vince Little Stars and Stripes Pacific

The 374th Services Division at Yokota Air Base, Japan, recently unveiled a reward program that churned out \$22,000 in cash and prizes in one month. Known simply as U, it was designed specifically for the Yokota community as part of a PACAF-wide customer appreciation program. Officials submitted the top plan in Pacific Air Forces among large bases, which triggered an additional \$5,000 in funding, but they managed to keep details under wraps in the weeks leading up to its debut.

"We've tried to create some mystery about it," said Lisa Stevens, marketing director for the 374th Services Division. "We put out very little information on purpose. But if one of us, or a base official wore anything with a 'U' on it, we got questions about it on the street. People were really curious about what it is."

U was put together in an effort to thank customers who use Services programs and facilities every day, she said. It offered hundreds of opportunities to collect cash prizes from \$10 to \$250 that were given away on the spot at various locations throughout the month.

There were three ways to win - and none involved raffle forms, contests or gimmicks, Ms. Stevens added.

If people "Find the U" at a Services facility, they could bring it to the cashier or front desk and win \$10. It could have been on a towel at the Main Fitness Center, in a bowling shoe at Tomodachi Lanes, on a driving range ball at Tama Hills Golf Course or Yokota's Par 3, or under a tour bus seat or closet door in the Kanto or Tama lodges.

Secondly, on designated "U Days," customers "in the right place at the right time" could pick up cash instantly, Ms. Stevens said. At different Services establishments each morning, managers received 11 sealed envelopes. Automated customer counts revealed the winners based on predetermined numbers.

Prize patrols, led by 374th Services Division Director Robyn Sleeth, were a final avenue to prizes. They hit Services facilities all month and popped questions about the campaign.

"If a customer answered 'U,' they won," Ms. Stevens said. "The director and deputy had sealed envelopes inside their pockets with cash. They met and talked to customers. That was their way of getting out."

Officials purchased 5,500 fortune cookies that were handed out during weekday lunches at Services food facilities. Five of every six contained discounts and instant wins. Prizes were available in 1,500 chocolate bars wrapped in special designs.

"This was very different but a really cool program," Ms. Stevens said.



#### Full honors

The Spangdahlem Air Base Honor Guard posts the colors, during the Veterans Day memorial ceremony at Hamm Cemetery, Luxembourg. Members of the 52nd Fighter Wing and their families attended the ceremony, honoring the more than 5,000 American Soldiers buried there who were killed during World War II. One of the graves is that of U.S. Army Commander Gen. George Patton, who died in a traffic accident just after the war. Photo by Airman 1st Class Josie Kemp

# Technology helping USAFE Airmen stay 'Fit to Fight'

## Reprinted from the November 2005 Issue of Government Recreation & Fitness

The Air Force has really embraced its commitment to fitness.

From the commanders on down to the Airmen who have dedicated themselves to improving their fitness levels, the U.S. Air Forces Europe command has overseen an incredible revitalization of its fitness program.

According to Lt. Gen. Robert D. Bishop Jr., USAFE vice commander, every USAFE member should take pride in the recent successes.

"In the three months since becoming part of U.S. Air Forces in Europe, I've been continually amazed by the incredible things going on in this command and the men and women who make it happen. Regardless of the climate or time of day, USAFE members are out jogging and using our fitness centers — and the hard work is showing outstanding results."

In Fiscal 2005, USAFE reduced marginal and poor fitness scores on the Air Force physical training test by 65 percent.

"Now, only one in 20 Airmen is in this 'at risk' range, and the numbers are continuing to drop. Consequently, we're the only MAJCOM achieving above 90 percent in the new AF Fitness Readiness metric; a new fitness statistic developed and proposed by USAFE. Combat Fitness is a proven success — USAFE Airmen are Fit-to-Fight."

### Technology making a difference

Technology is helping USAFE, and the entire Air Force, to motivate Airmen, track results, and oversee the entire fitness program that has raised the level of fitness in USAFE considerably in the last year alone.

According to USAFE Fitness & Sports Manager Debra Ponzio, in addition to using the FitLinxx system, USAFE uses the data from the Air Force Fitness Management System extensively.

"This is the software that records the fitness test results and fitness status of everyone in the Air Force active duty, Reserve and Guard," she said. "We've taken the data that's available to anyone (all Air Force people have Internet access to this information) and create weekly analysis and comparison updates for our Wings. We provide our Wings a weekly update of these statistics plus a more in-depth analysis down to the Group level for each Wing. We also compare results and track trends by Functional Groups — Operations Groups, Maintenance Groups, Mission Support Groups, etc. It gives us another viewpoint and helps with early identification on areas needing intervention."

Together, the two technologies fit nicely into USAFE's fitness strategy,

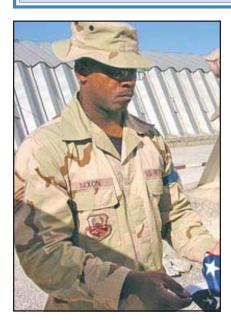
said Ms. Ponzio. "With FitLinxx, we can direct and track fitness training and with the Air Force Fitness Test we can measure the results of that training. We are working toward the development of specific workout programs using FitLinxx for our Airmen needing fitness improvement. Of course, our USAFE units do PT in a group environment at least three times per week — this is an Air Force requirement. These workouts are logged into FitLinxx either by the individual or by their unit PT Leader. Most

Airmen are involved in fitness activity in addition to these group sessions. The use of FitLinxx acts as a force-multiplier for our fitness staffs and unit physical training leaders."

Ms. Ponzio said that one can't possibly provide everyone with a personal trainer. "FitLinxx is the 'virtual' personal trainer that allows us to reach many people with personalized programs.

As with a personal trainer, it will track their workouts, require proper range of motion for weight workouts and even adjust the weight to be lifted at each station as they improve."

## Snapped around Services photo page



#### Deployed detail

Master Sgt. Rhongea Nixon, 376th Expeditionary Services Squadron lodging superintendent and 435th Services Squadron member, participates in a Top 3 flag folding detail at Manas Air Base, Kyrgyzstan. Photo by Master Sgt. Lisa Polarek



#### Reading is fun

Sharon Emrich, circulation clerk, rechecks children's books recently at the Misawa Air Base, Japan, base library. The library is open from 11 a.m to 8 p.m. Mondays and Tuesdays, 10 a.m. to 8 p.m. Wednesdays and Thursdays, 11 a.m. to 5 p.m. Fridays and Saturdays and noon to 5 p.m. Sundays. Photo by Staff Sgt. Carla Williams



#### Paintball tournament

John Doyle, playing with the 2d Munitions Squadron, searches for an opponent to eliminate during the finals of a recent paintball tournament. Barksdale Air Force Base, La., Outdoor Recreation held the tournament as the end of their intramural paintball season. The 2nd Aircraft Maintenance Squadron won the event after two intense games. Outdoor Recreation plans to start holding 3-on-3 tournaments in January, and the next intramural season is scheduled to begin in April. Photo by Tech. Sgt. Chris DeWitt

## Names, histories at Misawa SVS



The Land Memorial Ski Lodge opens for skiing, sledding and snowboarding. Photos by Staff Sgt. Marcus McDonald

By Senior Master Sgt. Donald Koser 35th Fighter Wing historian

Cheli and
Walmsley are both
familiar names to
residents of Misawa
Air Base, Japan, but
who were they?
Why are their
names memorialized on base
facilities?

From its inception, the Air Force established a memorialization program to honor those who, through outstanding and honorable service, supported their country.

Over the years, Misawa has honored several of these heroes with memorial buildings, streets and even rooms.

Cheli Child Care Center — Mai. Ralph Cheli, at 23 years of age, led his B- 25 squadron in an attack on the Dagua Airdrome in New Guinea, on Aug. 18, 1943. Despite critical damage to his aircraft from enemy flak, he refused to scrub the mission and instead, led the low-level attack to destroy the airdrome

With the mission complete, he ditched his plane into the sea where he and his crew were captured. His courage under fire earned him the Medal of Honor. Questions remain of the circumstances surrounding his death. Initially believed to have

died in an allied bomber attack on a vessel carrying Major Cheli and other POWs, later evidence showed he never left his prison camp.



Maj. Ralph Cheli

Walmsley
Bowling Center —
Capt. John
Walmsley Jr. flew
the B-26 "Marauder"
bomber for the 8th
Bombardment

Squadron, 3rd Bombardment Wing, during the Korean War.

On September 14, 1951, Captain Walmsley disabled an enemy supply train during a night mission near Yangdok, Korea. His ammunition expended, he exposed himself to intense enemy fire by illuminating the target with his aircraft's searchlight, ensuring complete destruction of the enemy's war cargo.

Unable to recover from the barrage of anti-aircraft fire, his bomber crashed into the surrounding mountainside.
Captain Walmsley
was posthumously
awarded the Medal
of Honor for his
"heroic initiative and
daring aggressiveness."

Land Memorial Ski Lodae — Airman First Class Charles Land served as a cryptologist while assigned to Detachment 1 of the 6994th Security Squadron, Nha Trang, Vietnam. He was killed in the crash of his EC-47. downed by enemy fire while on a photo/electronic reconnaissance mission on March 9. 1967.



Shinjiro Nunomura, head mechanic at the Walmsley Bowling Center, prepares the lanes for the day.

## Holbrook Library to undergo renovations

The Ellsworth Air Force Base, S.D., library, shown here, is about to undergo some big changes. Courtesy photo

By Airman Kimberly Limrickm Ellsworth Air Force Base, S.D., Public Affairs

The Holbrook Library at Ellsworth Air Force Base, S.D., is undergoing renovations and upgrades throughout all areas of the library, including the conference room, children's area, teen zone and computer lab.

In order to make the room more useful, the conference room is undergoing many changes. The room will be getting a projector and screen, videocassette recorder, digital video disc player and a large screen TV.

"This is the most under-utilized section," said Jeanne Stoltenburg, 28th Services Squadron library director. "These changes will make this room perfect for presentations and meetings."

Another area that is receiving a lot of attention is the children's area. This area will have a new children's computer with educational games and new educational and interactive globes. The area will have a large colorful rug, which will be used during play-time games and story hour. The 11-foot by 8-foot rug will make the area more colorful and appealing for young children, said Mrs. Stoltenburg. The teen zone are being moved away from the young children's area and



will have couches, a new TV, VCR and games. The young adult book collection and age-appropriate magazines will also be added.

The computer lab is the last area undergoing extensive renovations. All current computers are being upgraded and the lab is being enlarged. Seven computers are being added to the nine existing computers. Two laptops will be available for use inside the library. The entire library will have new carpet and signs to make the library look more modern and appealing, said Mrs. Stoltenburg.

In addition to physical changes, the library will include more services such as the option to check out DVDs and audio books.

Mrs. Stoltenburg is also excited about a new DVD-centered program that the library renovations and updates have made possible. Due to the addition of new DVD-recording and computer equipment, Airmen will be able to record personalized messages in DVD format.

"Parents who will be deploying can still read children their favorite bedtime story while they're gone. All they have to do is come in and record themselves reading the story, and their children can watch it over and over again," Mrs. Stoltenburg said.

The use of all DVD-recording equipment is free. Airmen simply need to provide their own recordable DVDs. Other uses of the DVD equipment will be available soon as well. The library is working with the education center to make DVD resumes.

## Port Mortuary wins AF-level award

By Staff Sgt. James Wilkinson Dover Air Force Base, Del., Public Affairs

The 436th Services Squadron Port Mortuary at Dover Air Force Base, Del., won the U.S. Air Force Specialized 2005 Program Award.

The award recognizes excellence in mission execution to one specialized unit Air Force wide. This is the mortuary's second specialized program award, having won the same AF-level award last year.

Lt. Gen. William Welser III, 18th Air Force commander, presented the 2005 award to the mortuary staff last week while on his final visit to Dover AFB before retiring.

"This base is known around the world for what goes on in the Port

Mortuary," said General Welser. "It's a national asset."

General Welser honored the unit's hard work with the presentation of the prestigious award, in the form of a plaque. He also received the honor of having the escort lounge of the mortuary dedicated in his name.

The Charles C. Carson Center for Mortuary Affairs is DoD's only port mortuary in the United States and won the Air Mobility Command specialized program award to be competitive for the award on the Air Force level.

The unit competed with five specialized units across the entire U.S. Air Force, said Karen Giles, Port Mortuary director.

"This is a wonderful opportunity to recognize the men and women working at the Dover Port Mortuary during a landmark time in U.S. history as we are engaged in Operations Enduring and Iraqi Freedom," said Ms. Giles.

The Port Mortuary staff is a joint staff, composed of U.S. Army, Marines, Air Force active duty and reservists, and civilian members.

The mortuary is the largest in the Department of Defense. With the highest operations tempo in 30 years, the mortuary supports both Operations Iraqi Freedom and Enduring Freedom and has solemnly welcomed home more than 1,200 American service members and coalition fallen heroes.

## **Peterson Services inspected**

By Margie Arnold 21st Services Squadron Marketing

The 21st Services Squadron's child development centers, youth center and family child care programs at Peterson Air Force Base, Colo., recently underwent an unannounced, annual inspection.

The inspection was conducted by the Air Force Services Agency Family Member Programs staff.

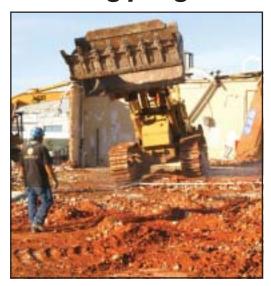
It is required by the Military Child Care Act of 1996 and is an important part of the process to ensure programs maintain certification by the Department of Defense.

"All programs did very well," said Toni Hansen, chief of Family Member Support flight. "Strengths included staff-child interactions, curriculum, classroom environments and parent partnerships.

"The success of the inspection is due to the hard work and dedication of all of the staff and providers who work within the Family Member Programs flight.

"Without each person doing his or her job to the best of their ability, the children and youth would not receive the outstanding care and environments they have here every day."

## Making progress



Bldg. 220 in Area B at Los Angeles Air Force Base, Calif., which once housed the 61st Services Squadron Equipment Rental and Tickets and Tours offices, was torn down recently to make way for construction of the new Systems Acquisition Management Support Complex. Photo by Paul Testerman



**NCOIC:** Master Sgt. Bryan Strickner

Team members: 19 enlisted (4 deployed, 1 Air Guard), one officer, 56 civilian contractors

## Primary mission:

To provide hot, nutritious meals to all authorized customers. To strive to exceed command established customer satisfaction rating of 90 percent every month.

## Accomplishments:

Magellan Inn serves more than 1,500 members per day and the Skyline Flight Kitchen serves more than 120 box meals per day.

#### Latest challenge:

Head count has increased 300 percent from last year due to in-



Magellan Inn Dining Facility and Skyline Flight Kitchen (under the 36th Services Squadron, Andersen Air Force Base, Guam) Food Service Officer: 2nd Lt. Carlos Colon (right) Photo by Airman Evan Carter

creased deployments.

## Agencies unit works with:

All squadrons with meal card members, Prime Vendors (Quality Foods, Foremost, Coca-Cola, American Bakery), Military Public Health, 36th Contracting Squadron and 36th Civil Engineer Squadron Fire department.

#### Of note:

Magellan Inn is the

only appropriated fund food facility on Andersen.

The facility was designed to feed 500 members per day, but now serves 1,500 to 1,800 per day.



#### Watch that puppet

Haley Fiscus reacts to the "Chris Mouse" puppet show from the lap of her mother, Kelli, as her brother, Riley, watches the production. Patrick Colucci, a librarian at RAF Alconbury, was at Wright-Patterson Air Force Base, Ohio, for the special puppet show production. Chris was a mouse that stirred in the house, the kitchen to be exact, as he cooked a midnight snack. Base library technicians Brenda Kelley and Deborah Thomas assisted with the production. Air Force photo by Spencer Lane

### Seven 16th Services winners

## **Hurlburt wins AFSOC Installation Excellence Award**

By Airman 1st Class James Dickens Hurlburt Field, Fla., Public Affairs

Hurlburt Field won the Air Force Special Operations Command Installation Excellence Award for Oct. 1, 2004 to Sept. 30.

Ten base organizations were awarded AFSOC special recognition awards and will compete for Air Force-level awards.

Hurlburt Field will also move on to compete in the Air Force-wide competition.

"The base has had phenomenal accomplishments across a wide spectrum of activity and jobs here," said Lt. Col. Victor Manges, 16th Mission Support Group deputy commander.

The 10 organizations include:

- Fire and Emergency Services
   Protection Flight, 16th Civil Engineer
   Squadron
  - 16th Contracting Squadron
- Information Tickets and Travel Program, 16th Services Squadron
  - Airman Leadership School

- Hurlburt Lanes, 16th SVS
- Base Recycling Program,16th SVS
- Child Development Program, 16th SVS
- Combat Support Flight,16th SVS
- Multi-skills Development
   Program, 16<sup>th</sup> SVS
- Family Child Care Program, 16th SVS

"I'm proud of the warriors at 16th CONS," said Maj. David Reese, 16th CONS commander. "Considering the storms and challenges of the past year, the sustained innovation of our entire mission support team is nothing short of phenomenal.

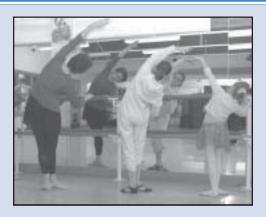
"We're also fortunate to have some of the nation's best contractors supporting us and thankful for their continued efforts to help us get the nation's job done," he said.

The results of the Air Force-level competition will be announced in the March – April timeframe.

"We're presently competing at the Air Force level and are expecting good results," said Colonel Manges.



Chrystal Garcia, from Hurlburt Field's award-winning Child Development Center, teaches the son of Senior Airman Adam Simon, 16th Equipment Maintenance Squadron, how to use a developmental toy to improve his motor skills on the CDC playground recently. Photo by Master Sgt. Kevin Owen



#### Learning ballet at the Mildenhall Youth Center

Jennifer Gillis, left, ballet teacher at the RAF Mildenhall Youth Center, teaches her students some ballet positions during a class at the youth center. Ms. Gillis has been a dance teacher for more than 20 years, and she teaches classes at the youth center for beginners ages 6 to 9 and intermediate-level students ages 10 to 13. Photo by Senior Airman Amanda Currier



## Names, faces in the news

#### Luke ALS grads

The 56th Fighter Wing Airman Leadership School graduated 52 senior airmen recently from class 06-1.

56th Services Squadron

Senior Airmen Jamin McCremens and Rayshawn Handsom

#### Luke Salutes

The following individuals are the 56th Fighter Wing, Luke Air Force Base, Ariz., quarterly award winners:

Civilian (GS-6 and below): **Erica Reece**, 56th Services Squadron

Civilian (Clerical, recreational and child care): **Lizabeth Jones**, 56th SVS

Civilian (Technical and managerial): William Briggs, 56th SVS

Civilian (Crafts and trades): **Arlene Burdine**, 56th SVS

#### Kadena award winners

The following individuals won "Caring Service" awards at Kadena Air Base, Japan: Eihdelberg Holm, Emery Lanes Eji Inoha, Risner Fitness Center Hirotsugu Iijima, tennis center Hide Tanahara, Officers' Club

Shinobu Nakamura, Tee House Hideaki Iha. Skills

In addition, Matthew Morris, Loudes Robinson and Robert Icban won 5-year service awards and Joseph Baker, Liza Maila Morris and Lorna Diers won 10-year service awards.



Olheiser

## Third quarter outstanding civilian

Category 1 Rhonda Olheiser 319th Services Squadron

#### In memory

The men and women of Team Shaw express their condolences for the loss of **Direna Tucker**, 20th Services Squadron lodging manager.

A memorial service was held in

November in the Palmetto Chapel.



Tucker

#### **AFMC Outstanding Performers**

The Ogden Air Logistics Center and the 388th Fighter Wing successfully concluded Hill Air Force Base, Utah"s first combined Phase I and Phase 2 Operational Readiness Inspection recently. The ORI outcomes were impressive.

Among others, two Services members were named as Air Force Materiel Command outstanding performers. They are members of the 75th Services Division Prime RIBS Food Team: Tech. Sgt. Marilyn Vazquez and Senior Airman Jacob Gonzales

#### MacDill ALS grad

Congratulations to the latest Airman Leadership School graduate from MacDill Air Force Base, Fla.:

6th Services Squadron, **Staff Sgt**. **Shanika Clardy** 

#### Whiteman thanks

Alicia Timmons
was named
Whiteman Air Force
Base, Mo., Family
Child Care provider of
the month for providing Extended Duty
Care during the last
GENEX Exercise.



**Timmons** 

## Names, faces in the news

## Team Andersen members earn CCAF degrees

Congratulations to the following individual for earning her Community College of the Air Force degree:

Master Sgt. Tricia Benning, 36th Services Squadron, Restaurant, Hotel and Fitness Management

## Agency quarterly award winners

Award winners for the fourth quarter of 2005 from Air Force Services Agency are:

**Capt. Willie Rudd Jr.**, Company Grade Officer of the Quarter

Senior Master Sgt. Margaret Lott, Senior NCO of the Quarter Tech. Sgt. Ronald

Kapperman, NCO of the Quarter Janet Eckroat, Category I Civilian of the Quarter

Valerie Baltimore, Category II Civilian of the Quarter

**Hellaineous Carter**, Category III Civilian of the Quarter

#### Unbeatable?



Thunderbird facility manager Robert Vick receives the Gold Plate Award from Col. Terrence Feehan, 377th Air Base Wing commander at Kirtland Air Force Base, N.M. This marks the third year in a row the Thunderbird Inn has received the Golden Plate award. Photo by Todd Berenger

## Sobolewski named fitness instructor of the month

Capt. Teresa Sobolewski has been named the Fairchild Air Force Base, Wash., fitn ess center's De-



center's De- **Sobolewski** cember Fitness Instructor of the

Captain Sobolewski has been instructing step aerobics and spinning classes at the Fairchild Fitness Center for more than a year. She also teaches aerobics to her squadron when it's too cold outside to run. The captain provides classes with upbeat music and activities that can be modified to all fitness levels.

"I'd like to help everyone reach their individual fitness goals, whether that's losing weight, increasing muscle or just passing your PT test," Captain Sobolewski said.

## Aumick graduates from ISD class

First Lt. Janna Aumick, from the 75<sup>th</sup> Services Division, Hill Air Force Base, Utah, graduated recently from the Level-1 Integrated Self Defense class. The Level-1 graduating class completed 25 hours of training in boxing, Aikido, Filipino knife fighting and Jujitsu.

#### Cookie monsters

P e g g y Guenther and C a r l a Williamson, 14th Services Division at Columbus Air Force Base, Miss., taste test various c o o k i e s



made by BLAZE TEAM members during the recent holiday baking contest. The winner of the contest, Tami Snell, received a copy of the annual Southern Living cookbook for her tasty treats. Photo by Airman Alyssa Wallace

#### Whiteman promotee

To Airman

Tonya Von Thun

509th Services Squadron

#### ALS grad from Spang

Senior Airman Shaquana Roberts, 52nd Services Squadron, recently graduated from Airman Leadership School Class 06-2 at Spangdahlem Air Base, Germany.



The following Dover Air Force, Del., Airmen were recently promoted.

Promoted to master sergeant: Tech. Sgt. Sean Kelly, 436th Services Squadron

Promoted to staff sergeant: **Senior Airman Tammy Novak**,

436th SVS



#### Day of the Condor Quest

Peterson Air Force Base, Colo., completed the first Condor Quest exercise for fiscal 2006 recently. Vic Duckermenn, 21st Space Wing director, said the exercise was held in conjunction with the worldwide exercise, Global Lightning, from U.S. Strategic Command, Offutt Air Force Base, Neb.

Maj. Jessica MacDonald, 21st Space Wing Services Squadron commander, makes her way through the Condor Crest obstacle course. Photo by Robb Lingley

## Local Congressman honors four Offutt youth

Through the congressional award program, established in 1979 by President Jimmy Carter, the U.S. Congress "encourages young Americans to challenge themselves and recognizes young people who set and achieve goals in four program areas: volunteer public service, personal development, physical fitness and expedition/exploration activities."

The honoree from Offutt Air Force Base, Neb., was:

#### Bronze Medal winner Bryan Watson

Bryan is the son of Chief Master Sgt. Thomas and Hyeyong Watson, 55th Services Squadron. He is a junior at Bellevue West High School and is active in the men's drill team, marching band, West Connection jazz group, Sarpy County Teen Court and Kitty Hawk and National Honor Societies.

He's also a flight commander in his school's Air Force Junior ROTC program.



From left, Congressman Lee Terry, Bryan Watson, Janet Baude, Patrick Wier, Kevin Watson and Col. Jonathan George, 55th Wing commander, pose for a group shot during the Congressional Awards ceremony. Photo by Dana Heard

#### Detmer has a passion for surf fishing

#### By Lori Peppers 45th Services Squadron

Outdoor Recreation at Patrick Air Force Base, Fla., offers anglers the chance to have fun and a couple of good fish dinners along the way, with its increasingly popular Surf Fishing clinic.

The two-day session is conducted by volunteer and avid fisherman John Detmer, using a syllabus he developed out of what he has learned over time.

Mr. Detmer began his quest for the perfect catch at age 8 with the use of a simple cane pole in Chicago's Belmont Harbor.

From the small beginnings of a child, Mr. Detmer has since fished the waters of such faraway places as Hawaii, England, Japan, Viet Nam and Subic Bay in the Philippines. He has made great catches in fly fishing Colorado and South Dakota, and, of course, on the beaches of south Florida.

Arriving at Patrick in 1985, Mr. Detmer could not believe his good fortune at being selected back as the MWR recreation director, being assigned to Patrick AFB between two beautiful bodies of water - the ocean on one side, the river on the other, and only 20 minutes from fresh water lakes.

"I thought I had died and gone to heaven," he said.

Tony Boob, an avid angler and director of Outdoor Recreation said, "Surf fishing doesn't take a boat or a fortune in gear. All it takes is some basic knowledge and some simple techniques. About 10 percent of the people catch 90 percent of the fish on a consistent basis."

Mr. Detmer's sole objective is to help the outdoorsman understand the essence of the sport, so that he or she can go to the beach and be moderately successful in catching fish, after that it's a matter of practice.



Melbourne, Fla., attorney Wayne Allen, a retired Navy Reservist, participates in a two-day Surf Fishing Clinic conducted by John Detmer, 45th Services business operations flight chief. Photo by Nancy Watts

"It's all about finesse," Mr. Detmer said. "With just a basic knowledge and practice anyone can be a successful fisherman. For an hour on the first night of the clinic, we go over the syllabus and, among other things, cover logistics, or what goes into the bucket - the 'support gear', required. As a tackle box is to the freshwater fisherman, and the creel is to the fly fisherman, the bucket is to surf fishing."

He adds that everything needed to surf fish can be found inexpensively at the Outdoor Rec store, including tide charts, rod and reel, rod holders, cast net, buckets and bait.

On the second day, four hours are spent at an ocean beach across from Patrick, applying what was discussed the night before.

"My kick is in empowering them to do it on their own, to make their leisure time more enjoyable," said Mr. Detmer.

"I knew John
Detmer had been a
passionate surf
fisherman for years,
spending a lot of
time perfecting the
skills involved," Mr.
Boob said. "John
keeps it simple and
doesn't overwhelm
students with too
much technicality.

He shows folks when to fish, what to use, and how to use it. Anglers at all levels of expertise can apply those techniques to further advance their existing fishing skills."

According to Mr. Boob, plans are being made to expand the Outdoor Recreation fishing program to include cast netting live bait, wade fishing, and even offshore fishing.

In January 2006, Mr. Detmer retired from his post as the business operations flight chief for the 45<sup>th</sup> Services Squadron, and he plans to do a lot more fishing.

As a member of the High Frontier Honor Guard, Airman 1st Class Michael Zdenek represents the Air Force to people across the state of Colorado. He is one of Schriever's ...

## Ambassadors in Blue

Airman 1st Class Michael Zdenek, 50th Civil Engineer Squadron, prepares to hand a folded American flag to 1st Lt. Bruce Wang, officer in charge for a recent funeral detail. Lieutenant Wang is a member of the 1st Space Operations Squadron. Airmen in the Honor Guard train for various roles within a funeral detail, including pallbearer and firing party positions. They also participate in ceremonies and color guards.

Photos by Staff Sgt. Don Branum

By Staff Sgt. Don Branum Schriever Air Force Base, Colo., Public Affairs

Airman 1st Class Michael Zdenek is an ambassador.

His job is not as high-profile as national ambassadors or United Nations representatives, but to the people he meets at wedding parties, retirement ceremonies and funerals, his job as a member of the High Frontier Honor Guard at Schriever Air Force Base, Colo., is just as important.

Three weeks each month, Airman Zdenek works in the 50th Civil Engineer Squadron. The fourth week belongs to the Honor Guard and may involve trips to locations from Boulder to Pueblo to the other side of the Kansas state line.

Airman Zdenek, the son of a retired Navy officer, said he has always had an interest in drill and ceremony. He performed in drill competitions as a JROTC student and joined the Honor Guard soon after his arrival at Schriever.

"I had always wanted to do it and had heard about it before," he said. "A couple of NCOs in my squadron recommended I look into joining the Honor Guard."

That was eight months ago. Since

then, Airman
Zdenek has performed about 40
details for the Honor
Guard, including
military wedding
ceremonies, color
guards and funerals.

Most of his details have taken place during his oncall weeks, but he has volunteered for details outside his duty week as well.

"We don't like turning down (color guard details)," he said. "The Honor Guard asks for volunteers from the other weeks. We help one another out."

The Honor Guard has a congressional mandate to perform funeral services for Air Force veterans and retirees, which gives funerals precedence over any other ceremony that requests Honor Guard services.

Airman Zdenek said he has enjoyed his experience representing the Air Force to communities around Colorado

"You can't tell people to do this extra duty—well, you could, but then you'd have people here who don't want to be here," he said.

At a funeral service for Ronald Loughlin Sr., held Veterans Day at Evergreen Cemetery in Colorado Springs, the Honor Guard left a positive impression.

Mr. Loughlin was chairman of the board of directors

for Disabled American Veterans, Knob Hill, Chapter 26. He died Nov. 5.

"From the looks of the people who are out here today and the way they wear the uniform, I can tell they're proud to wear it," said Chapter 26 Chaplain Walter Bryant. "It was a joy having you guys here."

Airman Zdenek said he plans to continue his Honor Guard service after his year-long tour is up.

As one of Schriever's ambassadors in blue, he will continue to represent the Air Force to communities throughout Colorado.





#### Show me the scholarship

Katie Peters (second from right), step-daughter of Senior Master Sgt. Brian Nicholson (left), Twentieth Air Force at F.E. Warren Air Force Base, Wyo., receives a \$3,000 scholarship from Lt. Col. Stephen Thompson, 90th Services Squadron commander, recently at the services squadron. Also pictured is Miss Peters' mother, Pamela Nicholson. A total of 195 entries were submitted to Air Force Club Membership headquarters for national consideration. Six winners were chosen for the scholarship, which is in its ninth year, with awards ranging from \$2,500 to \$6,000. Photo by Airman 1st Class Tessa Cubbon



#### Checking in

Senior Airman Jeffery Sandlin, 376<sup>th</sup> Expeditionary Services Squadron at Manas Air Base, Kyrgyz Republic, checks a customer's name in the computer at Pete's Place. Photo by Master Sgt. Lisa Polarek

### Kirtland member wins Innkeeper Travelers Award

By Senior Airman Christopher Frost Kirtland Air Force Base, N.M., Public Affairs

The Kirtland Air Force Base, N.M., lodging operations manager won the Innkeeper Travelers Award during recent ceremonies in New York.

Steven Wake, 377th Services Squadron, won the award only months after Kirtland lodging won the annual Innkeeper Award for best lodging in the Air Force.

"This award represents a big accomplishment for me, as well as Kirtland lodging for being the best in the Air Force," said Mr. Wake, a retired Air Force master sergeant.

Mr. Wake said that having a large responsibility at Kirtland Lodging played a great role in him taking the top candidate position from five other nominees at the Air Force level. Mr. Wake is responsible for the maintenance of 479 rooms and 40 houses. He is also the facility manager for 13 facilities and supervises 70 individuals.

He also credits the improvements that have occurred to Kirtland lodging over the years to his award.

Improvements such as improved ice machines, laundry rooms and landscaping helped to improve the image of Kirtland lodging, as well as increasing quality of life for guests.

The Innkeeper Travelers Award is awarded annually, with nominees coming from bases that were in the running for the Innkeeper Award.

The award recognizes lodging professionals at the Air Force level who display exceptional customer service, attitude and job knowledge.

# Shaw SVS member joins Tops in Blue

First Lt. Rachel Rogers, 20th Services Squadron, auditions for Tops in Blue at Lackland Air Force Base, Texas. Courtesy photo

By Senior Airman Joel Mease Shaw Air Force Base, S.C., Public Affairs

Hundreds sent tapes, but only 65 were chosen to audition and about half of the 65 were selected to join the 35- member team known as the Tops in Blue. A Shaw Air Force Base, S.C., first lieutenant was among the talented few chosen to be an ambassador in blue.

First Lt.
Rachel Rogers,
20th Services
Squadron, beat
out some of the
most talented
competition in
the Air Force
recently in an
audition at

Lackland Air Force Base, Texas.

The lieutenant competed for instrumental and vocalist slots on the team. Currently she is slated to be a female vocalist on the team, she said.

Her musical inspirations began at a very young age.

"At the age of 7 I began picking up the piano and I played the French horn throughout college," she said.

In addition to playing musical instruments, Lieutenant Rogers said she also picked up dance while performing ballet.

Lieutenant Rogers said she did not know much about the Tops in Blue until she joined the Air Force.

"While at the Air and Space Basic Course at Maxwell Air Force Base, (Ala.) I saw (Tops in Blue) perform. That's when I first became interested in joining them," she said.

The South Carolina native later deployed to Iraq and was the Services' point of contact for entertainment groups at her location.

"While there I got the opportunity to open for Rascal Flats and sing the national anthem. It was a pretty amazing thing to do," she said.

After she returned from

Iraq, she was selected to audition for Tops in Blue.

"When I arrived, I was just amazed at how many talented people there are in the Air Force," said Lieutenant Rogers.

Being selected to join the program is very tough. Each person who auditions must pick and perform a solo act in front of a live audience.

"It was intimidating to perform in front of that many people. Each person got to perform with a complete band, so that was real exciting," said Lieutenant Rogers. "It means a lot to me to be chosen to be an ambassador for the Air Force."

her at Shaw, but we feel great knowing she's in the lineup with these top-ofthe-line professionals in Air Force entertainment," said her supervisor Capt. Kenneth Marshall, 20th SVS Combat Support Flight

commander.



# Air Force vs. Navy: Seven points is a win

Culinary Specialist 1st Class Carlton Kunce, at left, Tech.
Sgt. Robert Lombardi, above right, and Tech. Sgt. Gregory
Featherstone compete in the Military Iron Chef
competition between the 344th Training Squadron
Services Flight and the U.S. Navy Culinary Specialist School
as Navy students watch. The Navy won by a seven-point
margin. Photo by Robbin Cresswell



#### By Tech. Sgt. Robert Lombardi 344th Training Squadron

Instructors from the 344th
Training Squadron Services Flight
competed against the Navy Culinary
Specialist School in a battle of the
chefs recently at the Culinary Arts
Training Center on the Lackland
Training Annex. The competition
was based in part off of the television program, Food Network's "Iron
Chef," where chefs from around the
world are given a one-hour time
limit to duel for the title.

At the command of the competition host, Culinary Specialist 1st Class Charles Lacey, both Air Force

and Navy competitors raced down the hallway to their kitchens. With the help of culinary students, the teams prepared six dishes, judged in three categories: originality, taste and plating. A mystery item, sausage, had to be in every dish.

"It felt like the beginning of a big football game; that feeling you get when the adrenaline is flowing and the only thought is to perform at your best," said Tech. Sgt. Gregory Featherstone, a 344th Training Squadron instructor. "For us it was to produce our best possible product."

Dozens of onlookers crowded the halls, but the chefs remained

focused within their kitchens. Students were filling the rooms as they listened to their instructors bark orders of "chop this – dice that."

"As I watched the students see a once-in-a-lifetime opportunity and get a chance to involve themselves, whether assisting the Air Force team or the Navy team, I wished I wasn't the host but a competitor, too," said CS1 Lacey.

The Navy defeated the Air Force by a slim seven-point margin. The Navy was crowned as Military Iron Chefs and received an award in Olympic-style fashion, each given a shiny gold medal.

#### Club success

Michael Peterson, Trail's End Club Chief Carver at F.E. Warren Air Force Base, Wyo., serves a plate of carved ham to Capt. Sean Boles, 20th Air Force, recently during the membership party. The membership drive lasted three months and succeeded in gaining 89 new members, 119 percent of the goal of 75. Ten squadrons also met their membership goal to qualify for the club party credit drawings. The winners were the 37th Helicopter Squadron with a \$100 credit, the 90th Services Squadron with \$200 and the 90th Comptroller Squadron with a \$300 credit. Capt. Todd Sharpe, 320th Missile Squadron won a \$250 club credit. Staff Sgt. Doug Dallman, 90th Missile Maintenance Squadron won the \$1,000 jackpot. Photo by Lorri Welsh





#### Snapped around Services photo page



#### Commander's emphasis

Commander's emphasis Col. Robin Rand, 56th Fighter Wing commander at Luke Air Force Base, Ariz., works out at the base fitness center on an elliptical trainer to keep fit. Photo by Airman 1st Class Teri Smith

#### Happy Birthday Sports Store

Senior Master Sgt. Tom Harrison, left, 100th Services Squadron at RAF Mildenhall, is helped by Kira Keller, center, sales assistant at the Sports Store, as he chooses running shoes at the sports store's 23rd birthday celebration recently. Chief Master Sgt. Brian Malcovich, right, 100th SVS, looks at the other sports shoes on offer. Photo by Karen Abeyasekere





#### Manas 3-On-3

Left: Airman 1st Class Megan Lombard, 22nd EARS, guards Staff Sgt. Georgette Dieckmann (center), 376th ESVS, while Staff Sgt. Wanda Graham, 376th ESVS, blocks from the other side during recent women's 3-on-3 competition at Manas Air Base, Kyrgyz Republic. Photo by Jim Westfall

Fitness Center receives \$45,000 in equipment

By Staff Sgt. Nathan Gallahan Fairchild Air Force Base, Wash., Public Affairs

Fairchild Air Force Base, Wash., Fitness Center leaders recently purchased and installed a \$45,000 advanced strength training system that includes 13 different machines.

John Gahagan, athletic director, 92nd Services Squadron, has worked within the fitness industry since 1992 and led the effort to purchase the equipment.

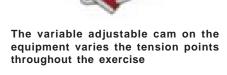
"The old equipment was from various manufactures and the ergonomics were different from machine to machine," Mr. Gahagan said. "This new equipment is a lot better; it's better constructed, it has better ergonomics and you can do a lot more with them."

For years, Mr. Gahagan watched the new Strive equipment on the market and at first wasn't im-

pressed, he said, but since then, changes in construction and design led to the decision.

The new equipment utilizes a unique "adjustable variable resistance cam" that enables the user to manipulate the strength curve throughout the motion of the exercise.

"When you adjust the cam into any of the three specified positions, you're changing the point at which muscle tension is developed in the movement pattern, which mimics different weight training



exercises," he said. "Each piece of equipment can at least do three

"Don't get me wrong, this new

different exercises on the same

muscle group.

Cam Leve

equipment only enhances your workout – it shouldn't be used to replace free weights," he said.

All the equipment, free weights, Hammer Strength, Nautilus and recently purchased Strive equipment have their advantages and disadvantages and all should be used to vary and balance the strength trainer's workouts, Mr. Gahagan said.

Although the new equipment utilizes new technologies, you don't have to be an advanced strength trainer to use this – everyone can, he said. Everyone, including people rehabilitating; such as retired Master Sgt. George Lajueness, who recently had total hip replacement surgery.

"The adjustable cams are very nice, it gives a good leg workout and helps me to focus the training on the areas that really need it," the retired hydraulics specialist said.



Retired Master Sgt. George Lajueness, a former hydraulics specialist, works out on one of 13 new pieces of equipment the 92nd Services Squadron recently purchased. He recently had hip replacement surgery and finds the equipment's adjustable cams help him to focus on the areas. Photo by Staff Sgt. Nathan Gallahan

# Something to sweat about during deployment

Staff Sgt. Edward Weathersby, 777th Expeditionary Airlift Squadron metals technician craftsman, works his shoulders. Sergeant Weathersby adds two hours of exercise to his daily routine to better prepare him for the rigors of deployment and to make time go faster.

Story and photos by Tech. Sgt. Paul Dean 407th Air Expeditionary Group Public Affairs

Categorizing events on the weekly Ali Base activities calendar reveals a simple truth about the Airmen deployed here: they love to stay active (even after a 12-hour shift.) "It's the whole fit to fight mindset along with the chance for people to enjoy themselves," said Tech. Sgt. L.J. Kincade, 407th Expeditionary Services Squadron fitness center director. "We offer a variety of activities that let people burn their extra energy, join a team, or just

improve their self image."

And sure, there are plenty of non-physical things to do on base, but it's rare to find more people in the TV room than the aerobics room. One reason might be the physical and mental effects of a good workout.

Lt. Col. (Dr.) Anthony Ghim,



Staff Sgt. Paula Spruill, 407th Expeditionary Logistics Squadron equipment management liaison craftsman (left) and Airman 1st Class Andrew Warnamant, 732nd Expeditionary Civil Engineer Squadron engineering assistant journeyman, work on the all-important mid section part of the physical fitness test.



777th Expeditionary Airlift Squadron flight surgeon, points out that exercise clears the mind and reduces stress, increasing both the physical and the mental stamina. "Reduced stress likely prolongs your life," he said.

"There's nowhere that it's more critical to be in top shape than here in the theatre [of operations]," said Lt. Col. Jerry Perkins, 407th Air Expeditionary Group deputy commander and instructor of three spin classes each week. "There's no greater chance of needing to respond

or react to an emergency after continuously working long hard hours than here, and staying fit gives you the endurance to do it "

Playing a game of basketball or volleyball; riding a stationary bike to get up a good sweat, or walking a few miles on a treadmill might be the last thing on somebody's mind at the end of a long shift. But for some Airmen, exercise and physical activity as part of their routine is what

Continued on next page

#### Sweatin' deployment at Ali Base continued from page 44

makes the workday easier and the deployment go faster.

"A good workout rejuvenates me, takes away any stress and makes me feel so much better," said Capt. Kim Arnold, contracting officer for the 407th AEG Contracting Squadron.

"It's making my deployment go faster," said Staff Sgt. Edward Weathersby, 777th EAS metals technician craftsman.

"I work and then workout for 2 hours.

[Working out] helps me get through these long days: an increased tempo on different terrain requires different measures; it requires better fitness."

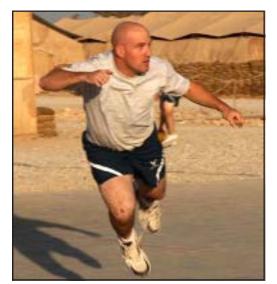
One of the keys to fitness while deployed is to stay within your limits, said Dr. Ghim. If you aren't in shape to start with, you can't become a bodybuilding champion in the short time that you're here.

The base clinic has treated several Airmen who approached the deployment with a resolution to get fit while here, and have injured themselves doing too much too fast. And physical fitness isn't limited to running miles and miles or pumping iron

"Exercising at least three times a week will go a long way to improving how you feel," said Colonel Perkins. "Just get out and get active. There are a lot of activities on base to get your blood moving and your mind thinking better. Shoot some hoops, take a Tae Kwon Do lesson. Whatever you do to get yourself active will make you feel better in the long run."



Lt. Col. Jerry Perkins, deputy commander, 407<sup>th</sup> Air Expeditionary Group, leads three spin classes each week and encourages Airmen to get some form of exercise at least three times per week.



Although an unorthodox form of exercise, flying does work the arms, legs and wing muscles. Airman 1st Class Robert Nicks, 407th Expeditionary Civil Engineer Squadron firefighter participates in a dodgeball tournament. Photo by Senior Airman Jennifer Haas



Some Airmen have too much fun exercising at spin class. Staff Sgt. Nicole Eisenbarth (left) and her "AOR BFF" Senior Airman April Parker, 407th Air Expeditionary Group PERSCO enjoy a laugh together.



By 1st Lt. Caroline Wellman Buckley Air Force Base, Colo., Public Affairs

The Buckley Air Force Base, Colo., Fitness Center was the place to be recently if you wanted to hear chaplains talk smack and wing commanders issue fightin' words.

"You've spent a whole day taking care of your wingman," the challenge began, "but now you have the chance to kill them."

And with those comments from Col. David Ziegler, the competition began.

Athleticism isn't a requirement for anyone playing dodgeball. It helps, but it's not necessary, which is perhaps why the 460th Space Wing chose the child's game as the closing activity for Wingman Focus Day.

The day was marked by a lack of strategy, except for brief applications of wisdom from the "dog pound gangstas" as they referred to themselves.

"We took aim on certain officers because they were soft-targets," explained canine handler Senior

Airman Martin Campos. "They were vulnerable because of their age, lack of speed and reflexes, or because they weren't expecting an attack."

Senior Airman Campos declined elaborating on who the officers were, although those who witnessed the game think that Col. Steven Muhs, 460th Mission Support Group commander, and Lt. Col. Wayne Berg, Mission Support Group deputy commander, may have been their targets.

The dodgeball extravaganza pitted units against units, officers against enlisted, and January to June birthdays against July to December birthdays.

The "prison" concept was applied to all matches to speed them up, and more than a few Airmen found themselves taken out from behind as someone from the other team launched a ball in their direction.

Colonel Berg seemed to have figured out the importance of this position early — he was often the first officer sent to prison in every match. Either that or his reputation as the second oldest person in the space wing proved that not all things get better with age.

Every match was intense, and no competitor was exempt from the flying inflatables. Even Colonel Ziegler took a blast to the head. He was struck, he admits, adding that the throw "would have killed an ordinary man."

Despite rumors, the wing commander maintains that he wasn't taken down by any balls.

"Dropped? Taken down?" he asked. "Never. I never left my feet."



# Travis Outdoor Rec takes aim at new leisure activity

Staff Sgt. Curt Martini, 60th Aircraft Maintenance Squadron, awaits his next target during a game of Xtreme Paintball. Outdoor Recreation recently began offering Xtreme Paintball as one of their recreational activities. Photo by Megan Wolff

By Airman 1st Class Tiffany Low Travis Air Force Base, Calif., Public Affairs

Travis Air Force Base, Calif., Outdoor Recreation began to offer Xtreme Paintball as one of their recreational activities Nov. 18.

"A large portion of the Travis community has expressed an interest in developing a paintball course on base for several years. Environmental concerns limited the locations, but we've now found the ideal location in the former base housing area," said Brian Floyd, 60th Services Squadron deputy commander.

Travis members will get to experience first-hand the fun and excitement of hiding, crawling and running around while splattering opponents with paintballs.

"Beginners and experts alike will find challenges and Xtreme fun on this innovative and highly anticipated course," said Mr. Floyd.

"Although many activities at Outdoor Recreation are guide-dependent, the staff at Outdoor Recreation felt that an activity like paintball would give participants an opportunity to execute team work, build camaraderie, and splatter friends

and co-workers with paint," said Mr. Mark Waters, Outdoor Recreation manager.

"Paintball is a safe activity compared to many other sports. Although team opponents are shooting balls of paint, there is no physical contact," said Mr. Waters.

For a \$20 rental fee, participants will receive 100 paintballs, a carbon dioxide canister filled with air, a semi-auto marker [aka paintball gun], and a goggle and mask set.

Individuals who have their own equipment can enter the field of play for \$5

However, those who bring their own

paintball markers must have them surveyed by paintball staff before entering the field, according to Mr. Waters.

Staff will test markers by using a sensor that measures the feet per second of the projectile. If the markers exceed the standard, they can either adjust their paintball markers or rent on site, he said.

The sport will be played in the paintball field, which is located in the old housing area off of Hamilton Street and Armstrong Drive.
Walk-on play will be offered on weekends from 9 a.m. to 3 p.m. Weekdays will be made

available for squadrons and group play by reservation through Outdoor Recreation.

Reservations must be made a minimum of two weeks in advance.

"Xtreme Paintball is a great opportunity for the Travis Team members to come out and play at low costs.

Anyone of any skill level is encouraged to come and try it out," said Mr. Waters.

Participants must be at least 10 years old. Youth ages 10 to 12 must play with an accompanying adult with a signed consent waiver.

Youth ages 13 to 17 may play with a consent waiver.

# Galaxy Lanes rolls a strike with \$85K in new attractions

By Airman 1st Class Aldric Borders Altus Air Force Base, Okla., Public Affairs

Galaxy Lanes at Altus Air Force Base, Okla., has made a few changes and recently held a grand opening to show them off, according to its new manager Pam Hutto.

"In the pursuit to make Galaxy Lanes more customer oriented, I welcome and will take into consideration any suggestions or comments," said Ms. Hutto.

As a start to the overhaul process, Galaxy Lanes invested \$85,000 into new equipment, seating, video and sound, ball racks, glow bowling,

approaches and masking units.

"I am very excited to see the changes being implemented at the Galaxy Lanes," said Ms. Hutto.

The recent grand opening included 50 cents bowling, shoes, hamburgers, hotdogs and drinks and face painting, door prizes and a clown.

"One of the improvements I look forward to is the possible addition of video to play along with our music during the bowling sessions," said Ms. Hutto.

"We have a mounted projection screen that lowers down just above the pins making it easy to watch while bowling," she said.



Galaxy Lanes has invested \$85,000 into new equipment, seating, video and sound, ball racks, glow bowling, approaches and masking units. Photo by Master Sgt. Andrew Ferrell

Galaxy Lanes has also added a children's play room complete with TV and toys.

"In addition to bringing new equipment to Galaxy Lanes, I would like to bring new children's program and leagues as well as adult fun leagues to Galaxy Lanes," said Ms. Hutto.

Galaxy Lanes has special birthday party plans and special rates for organizational parties.

"I would like to start a birthday club for children where the birthday boy or girl receives a free game of bowling, shoes and drink," said Ms. Hutto.

Galaxy Lanes has also added some new video arcades to its entertainment arsenal.

"We have a dance arcade machine that test players dancing skills. I hope to start a night where teens can come in and compete in a dance contest on the arcade," said Ms. Hutto.

The Galaxy Grill's Dino Kids Club card awards children a free game of bowling upon the fifth purchase of a Dino Kids Club meals.

Ms. Hutto was previously the manager of Maxwell/Gunter bowling center, Maxwell Air Force Base, Ala., for 14 years. She has attended Brunswick Bowling Management School, Air Force Bowling Management School and Air Force Fast Food Management School.

## Hanscom Family Fitness Room welcomes parents, children

By J. C. Corcoran Hanscom Air Force Base, Mass., Public Affairs

Always looking to meet the needs of their customers, the staff at the 66th Services Squadron Family Fitness recently held a grand opening for their new Family Fitness Room at Hanscom Air Force Base, Mass

"This is great news for parents who have wanted to get back into a regular fitness routine but just didn't have a place to put their small child for an hour or two," said Fitness Center manager Jerry Turnbow.

"We're not providing childcare, just an opportunity and a facility for those with small children to get back into a fitness routine while at the same time supervising their small children," Mr. Turnbow said.

This is a welcome addition to the base Fitness Center, said Dave Van Steenburg, 66th SVS director.

"When construction began on the new Fitness Center it required us to move to our temporary location. Space requirements forced us to cut back on some of the programs we were able to offer," Mr. Van Steenburg said.

"We've worked hard to bring back some of these programs and the Family Fitness Room is one of the most popular. Toward that end, we converted the building right next door into the new Family Fitness Room and will once again offer a great facility to our customers," he added.

The new facility will provide entertainment and toys for the children and world-class equipment for parents to use for their work-outs.

As a result, Hanscom now has a family activity that allows couples to work out together while at the same time, keeping an eye out for their children in a safe, enclosed area.

Capt. Monique Thomas, 66th SVS Services Combat Support Flight chief, said this new facility will provide several benefits to Hanscom families.

"Without the family workout room Hanscom families were not able to take advantage of our Fitness Center and work out because of childcare issues. "Now, with this new facility they'll not only reap the personal benefits of a good fitness routine, but also maintain that important family bond," Captain Thomas said.

Equipment will include two treadmills, two elliptical trainers, two exercise bikes, dumbbells, benches and a stretching area. The children's play area will include a wide screen TV and VCR as well as assorted toys.

The new Family Fitness facility is located in Bldg. 1241, adjacent to the alternate Fitness Center.



#### Airmen burn calories before dinner

The following are the results of the recent Turkey Trot 5K run sponsored by the 355th Services Squadron, Davis-Monthan Air Force Base, Ariz.:

First place: Tech. Sgt. Dale Sickels, 355th Operations Support Squadron, 21:16. Second place: Tech. Sgt. Rafael Ortega, 355th Security Forces Squadron, 23:03. Third place: Senior Airman Joseph Parker, 355th Equipment Maintenance Squadron, 23:19.

Staff Sgt. Brett Antisdel, 355th Services Squadron, reads Tech. Sgt. Dale Sickels, 355th Operations Support Squadron, his time at Friday's Turkey Trot. Sergeant Sickels won the 5K race with a time of 21 minutes, 16 seconds. Photo by Airman 1st Class Clark Staehl

#### Langley's Biggest Loser

## Teams compete to shed the most pounds

By Staff Sgt. Michael Voss Langley Air Force Base, Va., Public Affairs

More than 28 tons overwhelmed the Langley Air Force Base, Va., Shellbank Fitness Center staff at the initial weigh-in of the Biggest Loser competition recently. Now 364 people will compete to shed some of those 56,000 pounds.

"We originally expected 15 teams of six, but the response to the Biggest Loser challenge has been phenomenal," said Tech. Sgt. Darell Palmer, who is co-coordinating the Biggest Loser competition with Staff Sgt. Lavonia Tonsall.

There are 51 teams signed up this year, and each team has until the final weigh-in to lose as much weight as they can. Each team has a designated team captain who can receive personal assistance from one of the 16 trainers at the Shellbank.

In addition, the gym will be holding spin, hardcore and other targeted training classes to assist the teams reach their goal.

"I'd like to see 50 to 60 pounds lost per team, which will total somewhere around 3,600 pounds," said Sergeant Palmer.

Last year's biggest Loser competition was on an individual scale with approximately 80 people. Last year's winner, Staff Sgt. Wendell Runnels lost 33 pounds in 30 days. He said the competition was hardwork, but he is a lot more comfortable at 235 than he was at 262.

Winston Crew's team captain, Jeannie Winston, a childcare provider at the Langley Child Development said, "this year's 50pound weight loss goal for the team is achievable."

"I think the team approach to the competition is better, it makes everyone on the team accountable to each other," said Sergeant Palmer. "We needed a kick-start and the competition is providing that spark, we encourage each other and try to workout as a team as much as possible."

This year's winning team and individual male and female will receive a prize for their efforts.

"I don't think winning anything has hyped up the participation," said Sergeant Palmer. "I have only had one team ask about what the prize is, I told them self-satisfaction to start with."



Senior Airman James Newkirk, 1st Services Fitness Specialist, leads a circuit trainer class as part of the Biggest Loser Challenge. Photo by Staff Sgt. V. Levi Collins

## Wright-Patt sends exercise equipment to Afghanistan

By James Baker Wright-Patterson Air Force Base, Ohio, Public Affairs

Deployed troops in Afghanistan will receive some much needed exercise equipment thanks to Steven Carlyon, 88th Mission Support Group Services Division director, and the prompt action taken by Chief Master Sgt. Ed Salinas, of Air Force Materiel Command Installations and Mission Support. Mr. Carlyon suggested the machines could be sent overseas to help boost morale, and Chief Salinas quickly had the idea approved.

More than 7,000 pounds of free weight equipment was flown to Kandahar and Bagram.

Among the dozen pieces planned for shipping include a rotary chest press, lat pulldown, tricep extension and a variety of leg machines.

"I would like to thank Wright-Patt for offering up the fitness equipment," said Master Sgt. Adam Osborn. "We found a home for it at our two neediest sites."

The old machinery was replaced with extra funds with new equipment in the health club in the basement of the AFMC headquarters.

"It is a great idea that also saves the Air Force quite a bit of money," said Maj. Matthew Wilson, also of 88th MSG Services Division.

#### Web-based fitness program helps get children into exercise, health

#### Yokota youths understand 'FitFactor'

By 1st Lt. Ben Alumbaugh Yokota Air Base, Japan, Public Affairs

FitFactor, a webbased fitness program targeting youth ages 9-18, has proven to be a big hit at Yokota Air Base, Japan.

"We have (some of) the highest participation in the Air Force," said Bennie Luck, assistant youth programs director at Yokota.

FitFactor was started on Oct. 1 as an Air Force-wide initiative to make exercise fun for children, while integrating it into youth programs on base as a way to address youth obesity.

Mr. Luck said Yokota has a good amount of participation from youth at the base due to both youth centers already running a program that was similar to FitFactor. He said another reason was the marketing strategy employed along with the kick off events at both youth centers.

"The activities are based on what the kids already do," said Mr. Luck.
"Examples would be things like walking the dog, participating in youth sports, or riding your bicycle."

According to the FitFactor Web site the goal of the program is to guide a participant of any physical activity to

set "active" goals for themselves.

For each activity there is a different amount of points awarded based on the type of the activity and the intensity.

"At the end of each day, a child will log onto the Web site and log in their points," said Mr.
Luck. "The computer will tell them to print out certificates once they have reached a certain point total, which they can redeem."

The program isn't just about children participating in regular activities either. The program also talks to children about nutrition and exercise.

"Fitness is an important part of a young person's life," Mr. Luck went on to say. "Parents should be active with their kids and do active things with them. Go on a walk together. Go to the gym together. Try and set a good example for the children."

#### Get up, get out and get fit!

Jennifer Hightower hops across the field at the Fort MacArthur parade grounds during the Los Angeles Air Force Base, Calif., Youth Center's field day in support of "FitFactor," the new Air Force Fitness Program for youths nine to 18 years of age. The children participated in various relay events. Local schools around the family housing area also participated in the event. "FitFactor" is a computer-based training program to get children out and moving. Photo by Paul Testerman



#### Brooks Fitness Center 'comes clean'

Brooks City-Base, Texas, leaders take part in a ribbon cutting ceremony for the new women's showers at the base fitness center. From left: Eric Stephens, director of the 311th Human Systems Wing; John Robinette, Services director; Mel Waldgeir, deputy director of the 311th Mission Support Group; and Col. Georgette Hassler, commander of the 311th MSG. Photo by Staff Sgt. Brandy Bogart

By Rudy Purificato
Brooks City-Base, Texas, Public Affairs

Unlike baseball pitchers who go to the showers when they're washed up after a bad outing, the Brooks City-Base, Texas, fitness center is relying on the latter to fulfill needs from customers who are awash with useful ideas.

Recently, 311th Human Systems Wing director Eric Stephens officially opened the fitness center's new showers for women during a ribbon cutting ceremony.

They were installed as part of a \$27,000 quality of life project funded by Air Force Materiel Command.

"We conducted a (customer) survey and found that people wanted two more showers rather than have a sauna," said Brooks fitness center director Roy Conatzer.

The four existing showers were inadequate to fulfill the demand, Mr. Conatzer said, noting the sauna was removed to make room for the new showers.

"Although this project may seem small, it is very important to our



goal of ensuring our blue suiters are 'fit to fight.' In the past, before physical fitness was emphasized as much, four showers were enough," said John Robinette, Services director.

Mr. Robinette said the additional showers will help reduce customer's waiting time. In 2002, the final phase of a massive fitness center renovation was completed. That project included an overhaul of both the men's and women's locker rooms and showers.

## Gold medalist holds racquetball clinic at Peterson



Derek Robinson prepares to demonstrate his accuracy with a fast one right between the legs of the brave man poised against the wall. Courtesy photo

#### By Margie Arnold 21st Services Squadron Marketing

Derek Robinson, one of the top-six-ranked players on the men's professional racquetball tour, conducted a racquetball clinic recently at courts 5 and 6 in the Sports and Fitness Center at Peterson Air Force Base, Colo.

He held clinics at Peterson and at Buckley Air Force Base, located in Denver, before his road show to Washington.

"I was really looking forward to visiting Peterson for the first time," Mr. Robinson said

Mr. Robinson won the gold medal at the 1994 Olympic Festival, was on the U.S. team that took "the gold" at the 1995 World Championships and Pan American Games, and took home the gold medal at the National Doubles Championships and the bronze medal at the National Singles Championships in 1996.

A teacher and clinician, he conducts 75 exhibitions and clinics a year. He raises thousands of dollars annually for junior racquetball organizations in more than 40 states.

#### Yokota Fitness Center reopens

By Master Sgt. Dominique Brown Yokota Air Base, Japan, Public Affairs

In an effort to keep Yokota Air Base, Japan, fit-to-fight, the 374th Services Division renovated the fitness center, and kicked off the grand reopening recently with a Samurai fitness run.

Facility renovations to the 30-year-old building included installation of a new central air system, new carpeting and local area network system for the building's communication system. New ceiling and floor tiles and light fixtures were also installed.

Prior to the remodeling, some of the center's facilities were not large enough to accommodate the Yokota community.

"Locker rooms and both sauna and steam rooms were enlarged in

the renovation process due to increased patron usage," said Master Sgt. Darren Malone, fitness and sports superintendent. "The women's locker room now has six showers and the men's has 10."

Lockers are available for customers on a daily-use basis only. "In addition to all the facility improvements, over 60 percent of the fitness equipment has been replaced. The fitness center now features 20 cardio machines and a new line of 35 'selectorized' weight machines," said the sergeant.

The new weight machines are designed to provide individuals with a choice of multiple resistance patterns to target different muscle groups and achieve an entire body workout in 30 minutes. Equipment orientation classes are required before using the new weight machines.

The Main Fitness Center also includes three racquetball courts, and a volleyball and basketball court.

A new feature to the Fitness Center is the juice bar and retail store, which sells various drinks, smoothies, supplements and a small line of fitness attire and merchandise, said Sergeant Malone.

Additional renovation projects are in the wings for the Fitness Center, according to the superintendent.

"A companion project is scheduled to break ground this spring with a scheduled completion date in the spring of 2007.

"This project will add another gymnasium featuring a basketball and volleyball court, a two-story large open weight/cardio room, aerobics room and stretching area," he said.

#### Who they are ...

Hill Youth Bowling Program



Who they are: Hill Air Force Base, Utah, Youth Bowling Program participants – Ben Humenberger, William Jackson, Kirk Sarazin, Dirk Valle, Ashley Adams, Missy Perkins, Aleesa Bell, Adell Jameson, Kayla Jameson, Christopher Hughes, Sean Miner, and Brianna Osborne

What they did: Twelve bowlers from the Hill Youth Bowling Program proved they had the "right stuff' when they represented the base in a one-day bowling tournament recently. The tournament is an annual friendly get together of several of the bowling centers in northern Utah – Logan, Davis, Hilltop, Sparetime, Ben Lomond, and Hill. Each of the centers send their 12 best youth bowlers, ranging in age from 8 to 21 years old, to compete in three different age brackets to win a trophy for their respective bowling center. The Hill crew entered the third round of the event behind by quite a bit and calculated they would need a combined pin count of more than 2,000 to catch up. The team did it – ending up with 2,040 pins in the third round – and won the tournament! The team will receive their trophy at an awards banquet in April. The trophy will reside in a spot of honor at the Hill bowling center.

Nominator: Bud Hughes Compiled by Lisa Aschbrenner 75th Air Base Wing Unit Public Affairs Representative. Courtesy photo

# Wrestling superstars end Afghan tour

By Staff Sgt. Marcus McDonald 455th Air Expeditionary Wing Public Affairs

World Wrestling Entertainment superstars, and its flamboyant chairman Vince Mc-Mahon, wrapped up its third "Tribute to the Troops" tour with a live-to-tape show of WWE's Monday Night "RAW." The tour ended with a show at Bagram Air Base, Afghanistan. The show was made possible through the auspices of Armed Forces Entertainment.

Before leaving, WWE Women's Champion Trish Stratus said her first visit to Afghanistan was a learning experience.

The tour, she said, "gave us an opportunity to meet and perform for our troops serving in Afghanistan" and more.

"We got a chance to learn about Afghanistan and the processes going on over here," she said. "I was especially interested to hear about schools being built and the growth in the women's movement throughout this nation."

On behalf of the WWE superstars, the wrestler expressed support for the troops serving their country as part of the ongoing global war on terrorism.

"Our men and women in uniform make constant sacrifices for our freedom and the freedom of others around the globe," she said. "This tour gave us a chance to say 'thanks.' It was an experience we'll never forget."

Airman 1st Class Timothy Beers, an information manager deployed from Dyess Air Force Base, Texas, to Salerno Forward Operating Base, Afghanistan, said the WWE visit was a "dream come true." "It's not every day that you get to sit down with a celebrity and actually carry on a conversation and get to know them," the Airman from Houston said. "Being part of their visit to Afghanistan was definitely a once-in-a-lifetime opportunity I'm glad I didn't miss." Airman 1st Class Theodore Houghton, deployed to the 455th Expeditionary **Security Forces** Squadron from Holloman Air Force Base, N.M., said the tour was energizing.

"It definitely boosted the morale of our entire unit," the Airman from Alta Loma, Calif., said.

The WWE tour was the largest celebrity production to visit troops serving in Afghani-



World Wrestling Entertainment Women's Champion Trish Stratus and Ashley, the winner of the 2005 WWE Diva Search, prepare for their tag team match at Bagram Air Base, Afghanistan. The match was part of the WWE's "Tribute to the Troops." The tour ended with a live-to-tape performance of WWE's Monday Night RAW before 7,500 U.S. and coalition troops. Photo by Master Sqt. Timothy Leahy

stan. Both the tour and the RAW performance in front of 7,500 U.S. and coalition troops was presented as a holiday special on the USA Network.



Wrestler Chris Masters yells out to Airmen during the World Wrestling Entertainment's "Tribute to the Troops" at Bagram Air Base, Afghanistan. Photo by Chief Master Sgt. David Stuppy

#### Fitness center gets Fitlinxx monitors

Story and photo by Senior Airman Eydie Sakura Spangdahlem Air Base, Germany, Public Affairs Office

Staying fit to fight and combat ready is a top priority for Spangdahlem Air Base, Germany, leaders. FitLinxx is a tool available to Eifel Sabers to record their workouts and track their progress electronically.

Recently, the fitness center made it easier to log workouts by attaching the Fitlinxx monitors directly to each strength training and cardio machine.

Whether people run on the treadmill for 20 minutes, hike a nearby trail or make several trips up the stairs with an arm full of groceries, it is considered physical activity and can be logged in FitLinxx.

"This system will allow people not to cheat on their workout, and they'll enjoy the better results from their strength training



Bettina Davis, wife of Staff Sgt. Robert Davis, 52<sup>nd</sup> Communications Squadron at Spangdahlem Air Base, Germany, works out in the Skelton Memorial Fitness Center on a strength training machine with the newly attached Fitlinxx monitor.

program," said Staff Sgt. Marisol Melendez, 52nd Services Squadron fitness specialist.

The tracking monitors also recognize when reps are done too fast or they are not within the proper range of motion.

People who use monitors on cardio machines can punch in their pin numbers and it will record their cardio time, calories burned and distance traveled. These fitness measurements are automatically recorded into the Fitlinxx account.

Not only does the FitLinxx system act as a fitness record, it also gives trainers, physical training leaders and commanders up-to-date PT information on all troops in their squadrons. The system also provides nutritional information and workout techniques.

All Team Eifel Sabers have access to the FitLinxx system and are highly encouraged to use the program, said Mark Geairn, 52nd SVS director of fitness and sports.

#### Team Kirtland Youth Center receives NFL grant

By Lisa Tabet Kirtland Air Force Base, N.M., Public Affairs

Kirtland youth can look forward to a new flag football program at the Kirtland Air Force Base, N.M., youth center.

Earlier this year, the youth center wrote a grant submission to the Boys and Girls Club of America, requesting a NFL Youth Football Fund grant of \$2,500. The youth center was selected out of 400 applicants for the grant.

The grant money was provided to help start up a new flag football

program at the youth center said Gary Vicsik, youth center director.

"I think it's a great opportunity for the kids to enjoy America's favorite sport," he said.

The money will be used to purchase materials needed for the new program including flags, tees and footballs.

"Before this, we didn't have a flag football program. We really needed to have this for the kids," Mr. Vicsik said.

The program is scheduled to get off the ground this spring and will be available for youth, ages 5-18. The youth center must implement a

youth football program according to a specific plan. They must assign a project director, submit press announcements to local news media, and conduct preseason and pregame inspections of the equipment being used in the program. Other guidelines include conducting the NFL Punt, Pass & Kick national skills competition within the grant cycle. The grant cycle is October 2005-June 2006.

Mr. Vicsik said the youth center is already in possession of half of the grant money. They will receive the second half upon completion of the guidelines.

#### Snapped around Services photo back page

#### Work it

Left, Tech. Sgt. Ray Garcia, NCOIC of sports and intramurals, explains the proper use of one of the newest pieces of exercise equipment in the Misawa Air Base, Japan, Potter Fitness Center to Jim Coyle, Cummings Elementary School teacher. The new equipment was part of the Pacific Air Forces initiative to replace older workout machines. With about 14 new machines, users can more effectively isolate muscles being exercised, providing a better workout. Photo by Staff Sqt. Vann Miller





#### Wax on

Kevin Gochanour, Hillberg Lodge ski technician at Elmendorf Air Force Base, Alaska, waxes a ski during the lodge's grand reopening recently. Applying wax to a ski helps it maintain maximum performance. Allen Cain, Hillberg Lodge manager, suggests people should wax their skis and snowboards monthly. However, people can wax their equipment every time they use it for maximum performance. He also said to prepare for the 2006 season, the lodge is running its snow making machines 24 hours a day. The lodge's slopes are now open for business. Photo by Staff Sgt. Francesca Popp

#### Monday night mania

Staff Sgt. Fabian Castillo, left, 944th Aircraft Maintenance Unit armament specialist, and Senior Airman David Wilks, 56th Medical Support Squadron Health Services manager, compete in a toilet bowl race. The race was part of the festivities during the 56th Services Squadron Football Frenzy pass, rush party recently at the Luke Air Force Base, Ariz., Desert Star Enlisted Club where Thunderbolts gathered to watch an NFL game played between the Indianapolis Colts and St. Louis Rams. Photo by Airman 1st Class Levi Riendeau

